

LANCASHIRE EMOTIONAL HEALTH IN SCHOOLS SERVICE



**LANCASHIRE
EMOTIONAL HEALTH
IN SCHOOLS**



Funded by:



WHAT WE OFFER

Training sessions for school staff on **children's mental health**



Full day training sessions for **school staff**



Advice, consultation and **support** for staff



In school sessions for **staff teams**



Self-care training for **staff**



Practical, **skills-focused training** includes:

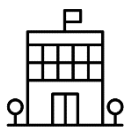
- Assessing and understanding **mental health**
- Supporting young people with **anxiety**
- Using **attachment theory** in interventions
- **Communicating** with pupils who are distressed
- Supporting pupils with **low mood**

Anxiety & stressbusting sessions for **pupils**



ADDITIONALLY FROM
SEPTEMBER 2018

Extending training to **Year 6** primary staff and **colleges**



Information and support around **transitions** and **exam stress**



Supporting **communication** and **collaboration** via a **virtual network** of school staff



Partnerships with:



and

Thomas Whitham Sixth Form

Reflective practice sessions for school staff



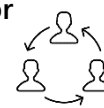
Support to establish **peer mentoring** schemes



Online learning and resources for school staff



'Train the Trainer' resources and support for **whole school approaches**



Wellbeing workshops and information for **school staff** and **pupils**



Evidence-based training on **Adverse Childhood Experiences** and **self-management** skills

Workshops and information sessions for **parents**



All our work is **free of charge** for schools and colleges in Lancashire

Our training is designed to be **relevant and useable** in school settings

Delivered by a team of clinical psychologists working at Lancaster University with experience of working in CAMHS settings

Training programmes are published each term. Bespoke training and in-school sessions can be arranged

We evaluate all our work, and our outcomes and feedback show that our training is **valued** by schools, and **makes a difference**

From September 2018, training bookings can be made via the PAC website:

<http://www.p-a-c.org.uk/training>

For more information & how to access the service, contact Richard Slinger, LEHSS lead: r.slinger@lancaster.ac.uk

www.lehss.co.uk

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