

## What we are doing

The city’s Education, Mental Health and Wellbeing Team are working together to provide oversight and coherence to the mental wellbeing and bereavement support available to schools. This includes:

- developing a rapid and coordinated approach and effective systems in each local community of schools
- putting in support for front line staff, including head teachers and the school workforce, as well as our children and young people to help people cope and prevent escalation of difficulties
- implementing interventions that can be delivered under pandemic conditions to reduce poor mental health and boost wellbeing.

## Supporting Schools

To do this the team will be working with:

- Headteachers from across the city
- Wellbeing Leads and the Wellbeing Practitioner in each school
- Current Thrive-trained staff
- Wider statutory and community partners

As part of the integrated wrap around support the team are seeking to provide around wellbeing and mental health, the Birmingham Educational Psychology Service (EPS), NewStart (BEP) and Forward Thinking Birmingham are working to:

- support schools in their universal approaches
- support the professional development of school staff in dealing with the pandemic
- support the development of school based tailored, local wellbeing interventions which will integrate with local pathways
- provide consultation opportunities for both school staff and parents
- ensure schools are able to access robust local and national guidance to support all aspects of school life

BEP’s NewStart team will continue to offer CPD and resources that respond to school’s current and emerging needs.

The EPS are providing an initial consultation and follow up sessions with HTs around the emotional needs of staff as well as offering individual staff consultations. There are several useful materials recommended, including: Teacher Resilience during the C-19 lock down; Looking after Each Other and Ourselves; Supporting Resilience and Wellbeing During Uncertain Times.

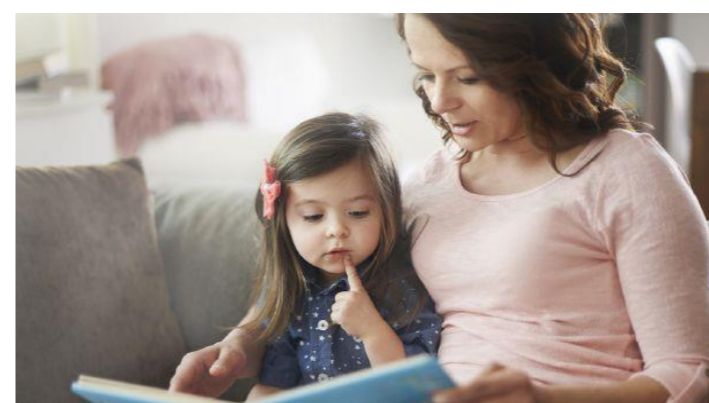
Executive Coaching and supportive supervision will be being trialled throughout this period to support school leaders to work through the challenges, enabling reflection and giving the skills needed in a safe, confidential and supportive environment.

The Forward Thinking Birmingham STICK team also provide consultations to staff by emailing [bwc.stickftb@nhs.net](mailto:bwc.stickftb@nhs.net). The consultation enables schools to make a referral to the Forward Thinking Birmingham Team. Referrals can also be made through the Forward Thinking Birmingham website.

In addition the FTB team also provide training and development for schools in conjunction with the EPS and BEP.

## Coming Soon

- A webinar is taking place on June 17 with key experts Professor Banerjee and Professor McLaughlin to help set the national context of how C-19 is affecting wellbeing within our school communities in and to help in the preparation of children returning to school particularly in relation to their wellbeing.
- A series of summer term webinars with Suzanne Zeedyk is also taking place around immediate anxieties and concerns leading to an autumn online event



## Supporting Parents

The EPS are providing 30-minute consultations through a telephone helpline for parents and carers across the city on issues that are currently affecting their emotional well-being; anxiety, family relationships, daily structure and looking after yourself.

Parents are offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow up session.

## Listening to Families

Local focus groups are being rolled out during June to help understand how our families in Birmingham are coping with COVID-19. The focus groups will help form how we plan, coordinate and deliver support and provision for the families of our children and young people across our communities during these difficult times.

We are asking families to complete questionnaires and contribute to focus groups. These also form part of a research project conducted by the University of Sussex, to improve understanding of the experiences of families with young children in the early years and primary school age and help to identify those most in need of support during this time of change and crisis. (The research findings will also be reported to the DfE and Public Health).

## Listening and Supporting our Children and Young People

We are currently running workshops to listen to the issues that are most affecting the lives of our children and young people and what is important to them at this time. We also want to support our young people’s mental health and their capacity to cope with the ambiguity and change and to problem solve as we work through the pandemic. Professor Colleen McLaughlin will be supporting and shaping the conversations and advising on how we can work together with schools to ensure the voice of young people are at the heart of the work we are undertaking.

## Services for Schools, Children and Young People

### Bereavement Support Services

**NHS Birmingham and Solihull Clinical Commissioning Group**

**Birmingham and Solihull bereavement support**

Losing someone close to you can be very confusing, traumatic and isolating.

Are you:

- Unable to grieve in the way you would expect to due to the restrictions of Coronavirus/COVID-19?
- Feeling cut off from your usual support network?
- Struggling with bereavement and grief?

There is now support available for you, in a simple to access place.

The support is available for people of all ages within Birmingham and Solihull.

Call: 0121 687 8010  
Email: support@crusebirmingham.co.uk

**Opening Hours:**  
Monday, Wednesday, Friday - 9.00 am - 5.00 pm  
Tuesday, Thursday - 9.00 am - 8.00 pm  
Saturday and Sunday - 12.00 pm - 5.00 pm (From 1st June 20)

The service incorporates specialist support to people working on the front-line and in key worker roles, black and minority ethnic communities, children and young people, and anyone affected by suicide.

**Additional Resources**  
National Cruse helpline: 0808 808 1677

In addition to the helpline there is a range of helpful advice available at <https://www.cruse.org.uk/get-help>

Listen to the audio presentation, "Understanding your Bereavement" <https://vimeo.com/402890026/0d45d72d69>

A range of easily accessible mental health support is available for young people in Birmingham and Solihull.



Kooth is a new free, safe and anonymous service to support young people’s emotional and mental health in Birmingham. We know young people have been worried about exams being cancelled and the impact of COVID-19 on their loved ones.

The new service launched for young people aged 11-25 in April 2020 is an online self-referral and can be found at <https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kooth.com%2F&data=02%7C01%7C%7Cfc11876327894f54d8bf08d80a037c9b%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637270357369391603&amp;sdata=nV30GpjsxfkZRV0kMxflivl30UBtXIFDRVxUs38YO%2B8%3D&amp;reserved=0>. Kooth gives children and young people the opportunity to access online counselling from qualified counsellors who are available from mid-day to 10pm every weekend day and from 6pm to 10pm at weekends. Young people can drop in for one-to-one instant text-based chats or book a session in advance.

The service provides:

- peer to peer support through moderated discussion forums
- self-care tools and resources to build resilience
- early response to and identification of emotional wellbeing and mental health problems

There are no waiting lists, referrals or thresholds to access the service.

This poster outlines a range of services providing emotional help, guidance and reassurance.



**Pause.**

Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk) in the first instance.

Or call 0207 841 4470 and we will arrange for one of our friendly staff to call you back but email is much quicker.

**Who can use us?**  
You can use us if you have a Birmingham GP and are:

- Under 25 years old (if you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

**How can we help?**  
We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

**Our Opening Hours:**  
Email or Call Us - 10am - 6pm, 7 days a week