

1. Resources

Direct parents/carers to resources and support available to tackle concerns at home. A good starting point is the West Sussex Local Offer which offers a wealth of advice and links to support services available in the local area:

<https://westsussex.localoffer.org/>

Another supportive resource is the Anna Freud National Centre for Children and Families website where they have produced a series of expert podcasts to help manage child and family mental health problems: <https://www.annafreud.org/parents-and-carers/child-in-mind/>

2. Mentoring

If concerns continue, discuss with parents/carers if they would like their child to receive additional support in school by accessing our 1:1 wellbeing mentoring sessions.

3. GP Support

Direct parents/carers to seek further advice from the GP and share the Social Prescribing information. GPs can refer directly to the service which is available for children over the age of 8. Children can attend sessions over a 6 week period out of school.

8. Private Support

Finally, if families are in a position to pay privately for therapeutic support, two local services include Beacon House <https://beaconhouse.org.uk/?section=welcom> e-to-beacon-house and Sussex Psychology <https://sussexpsychology.co.uk/>



4. School Nurse

Consider referring to the Community School Nursing team who can come in to school and deliver 1:1 evidence based interventions to children suffering from mild to moderate mental health issues <https://schools.westsussex.gov.uk/Services/6073> Jo can refer to this service.

7. Specific Support

There are other very specific support services that school can refer to such as ishine (supporting children living through domestic abuse). Jo can also consult with and refer to IFD, CMHL, CDC and CAMHS. Jo can also consult with the Educational Psychology service.

6. EBSA Support

For children struggling with EBSA, guidance and advice can be found here: <https://schools.westsussex.gov.uk/Page/10483> There are some useful tools to identify the barriers to school attendance and support positive engagement at school.

5. Early Help

Where a whole family approach is required, direct families to Early Help. They can self-refer via IFD (Integrated Front Door) formerly known as MASH. <https://www.westsussex.gov.uk/social-care-and-health/social-care-and-health-information-for-professionals/children/early-help/contact-details/> If families are allocated a Family Support Worker regular TAF (Team around the Family) meetings are held to support family/individual welfare. FSW can access support from services such as play therapy and can also refer on to services such as CDC, CMHL and CAMHS.