



**MENTAL HEALTH SUPPORT TEAM**

# Catalogue

Whole School Approach

*2024 version*



# Table of Contents

Introduction & guidelines	page 3
Mental Health Lead WSA support	page 4
Primary school assemblies	page 6
Primary school workshops	page 7
Secondary school assemblies	page 8
Secondary school workshops	page 9
Staff workshops	page 10
Parents/carers workshops	page 13
Programmes	page 14



# Introduction

Welcome to FTB's MHST Catalogue 2024, supporting our MHST schools with the Whole School Approach to mental health in line with the national model. To support our MHST schools, we take a multi-angle approach:

- We offer support to Mental Health Leads in developing a successful Whole School Approach to Mental Health, including best practice sessions, training, drop-ins, advice slots and more.
- Raising awareness of mental health amongst pupils through assemblies.
- Empowering pupils by teaching coping strategies through hands-on workshops and programmes. We continue to review and develop our workshop programme and will send updated catalogues to reflect this.
- Upskilling the system around the pupil through staff and parent/carer workshops and programmes.
- Being mindful of staff wellbeing, providing resources and advice.
- Specific workshops /training can be requested in response to your school's need.

## Guidelines for bookings

Please refer to the following guidance when booking workshops and assemblies:

1. Please book the WSA activities from this catalogue according to the outcomes of your *WSA audit*. If you need advice, we can support you with this.
2. Please book *on time* and read the practical *requirements* before booking.
3. Workshops are booked for *whole classes/forms only* as opposed to specific students. They are preventative in nature and students (or parents) should not be singled out. If you are concerned about a specific pupil, please request a consultation.
4. Classroom management: A teacher and/or teaching assistant is to be always present during the workshops and assemblies to support engagement and manage student behaviour. If no school staff are present, we will not deliver the activity. We reserve the right to cease a workshop when pupils are displaying unsafe or unruly behaviour and school staff do not adequately intervene.
5. You can decide to deliver the assemblies yourself and request us to upskill your staff. If you have pupils interested in co-delivering activities, please get in touch.

## Mental Health Leads WSA support (1)

Please find this mix of resources and opportunities available to support Mental Health Leads with implementing and developing their school's Whole School Approach to mental health.

### Best Practice sessions

*Description:* A few times a year the MHST organises Best Practice sessions: online meeting to connect you with other Mental Health Leads from across our MHST schools. The sessions are themed around Whole School Approach specific topics and invite you to share best practices and challenges with each other.

*How to access:* Look out for email invitations to join.

### Staff wellbeing resource pack

*Description:* Staff wellbeing is important. MHST created a staff wellbeing resource pack, filled with ideas and best practices from other schools on how to support your staff wellbeing. The pack also includes print outs to start creating a staff wellbeing wall in the staff room based on ideas shared by MHLs during the Best Practice sessions in early 2023.

*How to access:* email [bwc.mhst@nhs.net](mailto:bwc.mhst@nhs.net) to request 'Staff Wellbeing Resource Pack'.



### Drop-in sessions

*Description:* To increase the visibility and accessibility of mental health amongst your staff or pupils, you can request either a **staff drop-in** slot, or a **pupil drop-in** slot in your school. Staff can come to the drop-in with any questions about CYP presenting with mental health difficulties for advice and signposting. A pupil drop-in can include self-help resources to share and informal chats about mental health, with the option to express interest in a referral or signposting to resources, apps and services.

*How to access:* Book by using the booking form as normal.

### Parents evenings

*Description:* Ask our team to set up a stall during your parents evenings, displaying resources, flyers and informing parents and carers about our service. This can help raise awareness of mental health and ease accessibility to services and support.

*How to access:* Book by using the booking form as normal. Please allow plenty of time to book.

## Mental Health Leads WSA support (2)

### WSA Advice slot

*Description:* Part of our MHST mission is to support our Mental Health Leads and schools to implement a successful Whole School Approach to Mental Health. Our team can support with different aspects, including elements of the WSA audit, curriculum, pupil voice, mental health identification, staff training, staff awareness, parental engagement. We have a limited number of slots each term to provide WSA advice and support.

*How to access:* Use the booking form as normal to request a WSA Advice slot and make clear what the main topic is you want to discuss. We will then identify a staff member who can support you with this and get in touch to arrange a session in school or online.

### School staff workshop delivery

*Description:* If you want to increase your school's capacity to deliver our mental health workshops and assemblies in your curriculum, you can consider getting schools staff trained to deliver specific workshops or assemblies. The school staff needs to be supportive to your WSA to mental health and have an interest in workshop/assembly delivery.

*How to book:* Use the booking form to request a 1 to 1 or small group training (remote), during which a MHST staff member will teach the workshop content and resources.

### Pupil assembly / workshop delivery

*Description:* If you have identified pupils who are interested in leadership and/or mental health, we welcome the opportunity to train pupils to deliver or co-create an assembly or workshop on mental health. Whether this is the Head Boy or Head Girl, or a Mental Health Hero in your school, we can support them to deliver an activity together or independently.

*How to book:* Use the booking form to request a 1 to 1 or small group training (remote), during which a MHST staff member will teach the workshop content and resources.

### Special interest groups

*Description:* We welcome invitations from Special Interest pupil groups at your school for two consecutive meetings. During the first meeting we open a conversation about mental health, during the second meeting we can deliver a tailored mental health workshop of their choosing. Examples: Ethnic Minority pupil support groups, LGBTQ+ groups, Neurodiverse support groups.

*How to book:* Use the booking form to request the two meetings and please state the name and nature of the group.

# Primary Schools Assemblies

## Change (transitions)

Duration: 15 minutes

Description: Change can be scary! Support pupils to manage transition and changes such as moving up a school year or moving from infants school to juniors.

Suggested year groups: Year 2-5

Requirements: Assembly or PE hall, projector & screen. School staff should be present to support pupil behaviour.

## Healthy sleep

Duration: 15 minutes

Description: What do fizzy drinks, evening exercise and puzzles have to do with sleep? In this assembly we explore the importance of sleep and provide pupils with some age-appropriate coping strategies to help improve sleep.

Suggested year groups: Year 1-Year 6

Requirements: Assembly or PE hall, projector & screen. School staff should be present to support pupil behaviour.

## Bouncing back

Duration: 15 minutes

Description: How do we bounce back when things go wrong? Let's learn why Frozen's Olaf is great at bouncing back, and how we can learn to be good at bouncing back ourselves!

Suggested year groups: Year 3-Year 6

Requirements: Assembly or PE hall, projector & screen. School staff should be present to support pupil behaviour.



# Primary Schools Workshops

## Self-esteem

Duration: 60 minutes

Description: How can Classmate Bingo help grow our self-esteem? Find out in our popular Self-Esteem workshop! Pupils will explore what self-esteem is and try out different techniques to create a more positive self-esteem.

Suggested year groups: Year 2-Year 6

Requirements: Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour.

## Problem Solving

Duration: 60 minutes

Description: Buzz Lightyear, Lego puppets and facing big walls? In this engaging workshop we introduce pupils to an effective problem solving strategy and explain why good problem solving skills benefit our mental health. The workshop includes creative activities and real life examples of challenges.

Suggested year groups: Year 3-Year 6

Requirements: Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour.

## Change (transition)

Duration: 60 minutes

Description: Support and practical advice for year 6's moving up to secondary school. A dynamic workshop, which stimulates reflection, discussion, problem solving and creativity.

Suggested year groups: Year 6 only

Requirements: Classroom with interactive screen or projector. Printed handouts. Coloured pencils/felt pens, scissors. School staff should be present to support pupil behaviour.

## Worries

Duration: 60 minutes

Description: In this workshop we provide pupils with a better understanding of worries and worried feelings. Through creative learning they will explore useful coping techniques.

Suggested year groups: Year 3-Year 6

Requirements: Classroom with interactive screen or projector. Printed handouts. 1x Blank A4 sheet per pupil, coloured pencils/felt pens, scissors. School staff should be present to support pupil behaviour.



## Primary Schools Workshops (2)

### Healthy relationships

Duration: 60 minutes

Description: What makes a good friend? Do you have to be the same, or like the same things? In this workshop children learn age appropriately about healthy friendships, boundaries and assertive communication.

Suggested year groups: Year 3-Year 6

Requirements: Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour.

### Low Mood

Duration: 60 minutes

Description: We're not feeling happy all the time and that is normal. Sometimes we can have a low mood. In this workshop children learn about positive and low mood and how we can notice low mood in our body and behaviour. We will then take through hands-on activities that will help lift our mood and give us practical tips of what we can do to improve our own mood.

Suggested year groups: Year 2-Year 6

Requirements: Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour.

## Secondary Schools Assemblies

### Healthy Sleep

Duration: 15 minutes

Description: What do fizzy drinks, evening exercise and making puzzles have to do with sleep? In this assembly we explore the importance of sleep and provide pupils with some age-appropriate coping strategies to help improve sleep.

Suggested year groups: all

Requirements: Assembly or PE hall, projector & screen. School staff should be present to support pupil behaviour.

### Transitions

Duration: 15 minutes

Description: Exploring the positives as change, as well as the challenges that come with transitions in our school life. Whether we have moved school, moving to a new class or programme, things like self-care, positive self-talk and a good daily routine can support us through periods of change.

Suggested year groups: Year 7 or Year 11

Requirements: Assembly or PE hall, projector & screen. School staff should be present to support pupil behaviour.

### Exam Stress

Duration: 15 minutes

Description: Self-care, relaxation techniques and revise tips will be shared to get pupils thinking on how they can support themselves in dealing with exam stress.

Suggested year groups: all

Requirements: Assembly or PE hall, projector & screen. School staff should be present to support pupil behaviour.

### Social media

Duration: 15 minutes

Description: Navigating the world of Social Media can be complicated. In this assembly we look at the effect of social media on mental wellbeing, and provide some clear guidance on how young people can keep the negative impact of social media lowest.

Suggested year groups: all

Requirements: Assembly or PE hall, projector & screen. School staff should be present to support pupil behaviour.



## Secondary Schools Workshops

### Self-esteem

Duration: 60 minutes

Description: A lot of pupils suffer from low self-esteem, which negatively affects mental health and their learning journey. This workshop is jam-packed with strategies to support a positive self-esteem, allowing pupils to choose the tools that work for them.

Suggested year groups: all

Requirements: Book for whole classes or forms only, please do not choose specific pupils. Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour Option to deliver remotely

### Problem Solving

Duration: 60 minutes

Description: In this important workshop we introduce pupils to an effective problem-solving strategy and explain why good problem-solving skills benefit our mental health. The workshop includes activities and real-life examples of challenges

Suggested year groups: all

Requirements: Book for whole classes or forms only, please do not choose specific pupils. Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour Option to deliver remotely

### Anxiety

Duration: 60 minutes

Description: Anxiety is the number one mental health challenge teenagers face at Early Help level. In this workshop pupils will learn what anxiety is, and how we notice our anxiety responses (fight/flight/freeze). Pupils will be introduced to a range of evidence-based coping strategies and will be asked to formulate their own plan.

Suggested year groups: all

Requirements: Book for whole classes or forms only, please do not choose specific pupils. Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour Option to deliver remotely



## Secondary Schools Workshops (2)

### Healthy relationships

Duration: 60 minutes

Description: Let's think about relationships and what makes them (un)healthy. In this workshop young people explore types of relationships, rights, consent, (un)healthy relationships and how to deal with break ups.

Suggested year groups: Year 9-Year 11

Requirements: Book for whole classes or forms only, please do not choose specific pupils. Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour Option to deliver remotely

### Low Mood

Duration: 60 minutes

Description: We're not feeling happy all the time and that is normal. Sometimes we can have a low mood. In this workshop pupils learn about positive and low mood. We introduce the low mood cycle and invite pupils to consider values that matter to them. They get stuck in with materials which help them to explore mood boosting activities and tips to stay on track.

Suggested year groups: Year 7-Year 11

Requirements: Book for whole classes or forms only, please do not choose specific pupils. Classroom with interactive screen or projector. Printed handouts. School staff should be present to support pupil behaviour Option to deliver remotely

## Staff training (1)

### MHST Introduction presentation

Duration: 20-45 minutes

Description: To ensure successful engagement with the MHST service and your school's Whole School Approach to mental health we recommend inviting us for a brief MHST Introduction presentation. We have found this to be effective in empowering school staff to identify early help mental health concerns as well as a more active approach in supporting the WSA.

Suggested staff groups: all school staff or the whole pastoral team

Requirements: projector & screen, optional remote delivery. We can deliver a short presentation about our service, or a longer one which includes top tips to engage with CYP about mental health.

### Anxiety & Worry in young people

Duration: 60 minutes

Description: Anxiety levels are high in pupils, and we have noticed a significant increase after COVID. In this workshop school staff will understand anxious behaviours in the classroom explained by the fight/flight/freeze model, shining light on some challenging or unexplained behaviours that can be linked to anxiety. Together we will explore classroom strategies to support anxious pupils.

Suggested year groups: all primary school staff

Requirements: projector & screen, optional remote delivery

### School refusal

Duration: 60 minutes

Description: We have seen an increase in separation anxiety at the school gates, especially after COVID. If this is not addressed adequately this can in turn lead to school refusal. Which pupils are affected by separation anxiety, and what factors (or people) keep maintaining anxious behaviour that comes with separation anxiety? How can we practically support pupils overcome separation anxiety?

Suggested year groups: Primary school staff

Requirements: projector & screen, optional remote delivery



## Staff training (2)

### Promoting Positive Mental Health in Children and Young People from Ethnic Minority Communities

Duration: 90 minutes

Description: This workshop aims to raise awareness of mental health inequalities in ethnic minority communities, support understanding of barriers to accessing mental health support and empower staff to feel more confident in supporting pupils and families from ethnic minority communities with their mental health.

Suggested year groups: all staff, primary and secondary

Requirements: projector & screen, optional remote delivery

### How to respond to suicidal thoughts

*\*\*Note: this workshop covers sensitive information. We advise you inform your staff prior to attending the workshop and make attendance optional.*

Duration: 90 minutes

Description: We want to support your school staff in feeling more confident in understanding suicide and suicidal thoughts. We will start by emphasizing the importance of talking about suicide, after which we debunk common myths.

We cover risk factors, language, safety planning and self-care.

Suggested year groups: book for all staff, or consider smaller groups (pastoral,

head of years etc). Suitable for primary and secondary staff

Requirements: projector & screen, optional remote delivery

### Self-harm

*\*\*Note: this workshop covers sensitive information. We advise you inform your staff prior to attending the workshop and make attendance optional*

Duration: 90 minutes

Description: Different levels of self-harm are a common occurrence in most schools. This training will support school staff to increase their knowledge and understanding self-harm. We will cover facts about self-harm, different types of self-harm and how to talk to CYP about self-harm. We will invite staff to explore self-harm management strategies and engage with case studies, followed by consideration on further support (medical and psychological).

Suggested year groups: book for all staff, or consider smaller groups (pastoral, head of years etc). Suitable for primary and secondary staff

Requirements: projector & screen, optional remote delivery

## Staff training (3)

### **NVR (non-violent resistance)**

Duration: 60 minutes

Description: Have you heard of Non Violent Resistance (NVR) parenting group and want to learn more? This session will provide an overview of NVR, highlight the type of cases that may be suitable and encourage you to reflect on how you can use elements of NVR in school to support the children, young people, and their families. Suggested staff: book for all staff, or consider smaller groups (pastoral, head of years etc). Suitable for primary and secondary staff

Requirements: projector & screen, optional remote delivery

### **Sensory Processing in School**

Duration: 60 minutes

Description: This workshop helps school staff understand how sensory processing impacts learning and behaviour. By recognising different sensory experiences, and how sensory input around schools can affect students, staff can create a more supportive, engaging environment that helps everyone thrive. You'll walk away with practical strategies to reduce stress, improve focus, and support students' needs—whether they're sensory-sensitive or need help staying regulated.

## Parents/Carers Workshops

### Positive mental health and self-care

Duration: 60 minutes

Description: When we think about mental health, we often think about bad mental health. But what does positive mental health look like? And how can we implement different self-care strategies in to our busy family life?

Suggested year groups: all parents/carers welcome, primary and secondary children

Requirements: Please welcome all parents in school or per year group, do not invite specific parents only. Classroom / multifunctional room, projector & screen, optional remote delivery. One member of school staff should be present during the workshop.

### Anxiety

Duration: 60 minutes

Description: It has been evidenced that 75% of children can overcome anxiety with the help of their parents/carers. Through this workshop we upskill parents and carers to apply effective parenting techniques and mental health approaches to support their children overcoming anxious thoughts and behaviours.

Suggested year groups: Parents/carers of primary age children

Requirements: Please welcome all parents in school or per year group, do

not invite specific parents only. Classroom / multifunctional room, projector & screen, optional remote delivery. One member of school staff should be present during the workshop.

### Healthy Sleep in children

Duration: 60 minutes

Description: A good night sleep can positively impact children's mental health and learning processes. But: challenges to healthy sleep habits can come from lots of different directions. In this workshop parents get an insight in healthy sleep hygiene and how to support their child with changing habits, their environment and understanding on the importance of sleep.

Suggested year groups: Parents/carers of primary age children

Requirements: Please welcome all parents in school or per year group, do not invite specific parents only. Classroom / multifunctional room, projector & screen, optional remote delivery. One member of school staff should be present during the workshop.



# Programmes

## Friendship Academy (for pupils)

Duration: 4 weekly sessions of 60 minutes each

Description: Unhealthy patterns in friendships and conflicts between friends and friend groups often have a negative impact on children's and young people's mental health. The friendship academy is a 4-week programme exploring different types of friendship, assertiveness, resilience and problem solving. This course is suitable for individual children who struggle to make and maintain friendships, who are often seeking adult help to solve their friendship difficulties and seem to be more affected than others when friendships breakdown. Note: this is not a mediation group for friendship groups who struggle, but aimed at friendship skills for individual children.

Suggested year groups: Year 4 – 11

Requirements: School needs to put forward up to 8 pupils for this group. School needs consent of parents/carers and completes a group consultation with MHST to ensure pupils are Early Help level and that pupils meet the requirements for the group: the group can't consist of friendship groups or pupils who have struggles/bullying each other). For hosting the program: classroom or multifunctional room in school, projector & screen or interactive screen. School staff does not need to be present during the group work.



This Catalogue was revised in December 2023 by FTB's MHST. A special thanks goes out to all clinicians who have contributed to this latest WSA catalogue by creating the resources, workshops, trainings, assemblies and catalogue:

Lorraine Dainter, Isabella Hemming, Abbie Cooke, Rayne Isaac, Lauren Stack, Renita Paul,

Ryan Johnson, Kate Bakewell, Bennitta Khan, Elaine Hoffman and Jorine Beck.

[Forwardthinkingbirmingham.nhs.uk/mental-health-support-team](https://forwardthinkingbirmingham.nhs.uk/mental-health-support-team)