



“I work very closely with SWS and have really loved exploring different ways of supporting our young people”

## Information for School Staff

### What is the School Wellbeing Service (SWS)?

SWS is an early intervention service for children, young people, and families with mild/moderate mental health needs. Our interventions are most effective when individuals are motivated, and their contexts are not too complex.

### Who can benefit from SWS?

Children and young people (CYP) who might be suitable for the SWS may be those who:

-  Frequently worry about family, friends or school
-  Feel low, worried or overwhelmed
-  Seeks lots of reassurance
-  Withdraw from peers or enjoyed activities
-  Struggle to follow routines or requests

### What we offer

Our team of mental health practitioners offers a range of work, including individual and group support for primary and secondary age CYP as well as whole-school work.

## Our whole-school offer



Workshops, assemblies and staff trainings on mental health topics (e.g., exam stress, secondary transition, peer relationships)



Joining up with teams around the school



Meetings with the Mental Health Lead(s) to support you to create an emotionally healthy school

### Our Primary offer

We provide individual support through one-to-one parent-led guided self-help based on Cognitive Behaviour Therapy (CBT) principles. This is delivered over 8-10 weekly sessions and involves two main interventions: Managing anxiety and Managing behaviour together.

Groups for pupils include:

- Brain Buddies (a whole class emotional regulation programme)
- SIBS (a group for siblings of children with additional needs)
- Parent group to understand and support children's anxiety
- Sparkle (helping develop self-esteem and resilience)

### Our Secondary offer

We provide individual support as one-to-one guided self-help based on Cognitive Behaviour Therapy (CBT) principles.

This is delivered over 8 – 10 weekly sessions and has two main interventions: Anxiety and Low Mood.

We also provide groups for pupils:

- Supporting schools to set up a peer mentoring programme
- Teen Talk group for low mood
- Facing Your Fears for anxiety group

## How to get in touch



[islccg.sws@nhs.net](mailto:islccg.sws@nhs.net)



020 3316 1824

Each school has a named SWS practitioner you can reach out to if you have any questions. If you identify a child or young person that may benefit from our support, please discuss this with the school CAMHS clinician and if appropriate, send a referral form to SWS.