

Thought-Full are The Mental Health Support Team in Schools for West Sussex.

We are an integrated team with practitioners from both West Sussex County Council and the NHS. We support pupils, parents and school staff across a range of settings including primary, secondary and special schools, and Alternative Provision College.

We offer **psycho-educational workshops, interventions, training and consultations** to support schools to take a **whole school approach** to mental health and emotional wellbeing.



Our offer to schools focuses on eight principles as set out by Public Health England.

Please note we are **not** an emergency service:

If a child / young person is in immediate danger or needs urgent medical attention, please **dial 999** or go to your nearest A&E.

If a child / young person feels unsafe or needs additional support for their mental health and wellbeing, then contact the GP or **call 111** for out of hours support.

If a child / young person is experiencing a mental health crisis, they can also contact the **SHOUT messenger service**:

Text **SUSSEX** to **85258** for free 24/7 support across the UK.

Children and young people can also access **The Sussex Mental Health Line** on **0800 0309 500**.

To access other mental health and emotional wellbeing support services in West Sussex please visit e-wellbeing.co.uk

Mental Health Support Teams in Schools



-  thought-full@westsussex.gov.uk
-  [@ThoughtfullMHST](https://twitter.com/ThoughtfullMHST)
-  [West Sussex Thought-Full](https://www.facebook.com/WestSussexThoughtFull)
-  [Thought-Full](https://www.instagram.com/thought_full/)
-  westsussex.gov.uk/Thought-Full



Thought-Full work in schools to support and help improve the mental health and wellbeing of pupils.

We can offer 1:1 interventions for up to 10 sessions in:

- Anxiety
- Low mood
- Low self-esteem
- Phobias
- Poor eating patterns
- Sleep hygiene and routines
- Worry

We will work together to identify the difficulty impacting the most on the young person's day-to-day life, and work with this.

Our offer of 1:1 support uses an evidence-based approach of **Low Intensity Cognitive Behavioural Therapy (CBT)** informed interventions.

CBT focuses on **thoughts, feelings and behaviour** cycles and is goal focused.

CBT works to change the pattern of your thoughts and feelings that keep you stuck, to enable you to respond and behave in a different way.

We support children and young people at the early stages of these difficulties when they are described as **mild to moderate**. If we are unable to meet your child's needs then we will help school staff to find the right direction through **advice, support, and signposting**.

How to access support for a child or young person through Thought-Full:

1. Talk to the Senior Mental Health Lead (SMHL) at school. Tell them what the difficulty is and what you would like to be different. If the SMHL agrees it is within our remit of work, the school can send a referral to Thought-Full.
2. If we feel we are the right service to support your child then they will be assigned to a member of the team, or to the school's wait list, until a practitioner becomes available. If we are not the best service to meet your child's needs, we will help the school by signposting.
3. When your child is allocated to a practitioner, they might contact you to arrange their sessions as some may involve working with you directly as their parent.
4. We work with the young person to map out their difficulties, and use different screening questionnaires to support this understanding.
5. Once we understand the difficulty, your practitioner will help your child to set goals and begin to work through their problem. For our interventions to work, we need your child to be engaged and involved.
6. There will be tasks set each week to try at home or at school, which we will discuss in our sessions.

7. The practitioner will meet with your child weekly for up to 10 sessions before closing. They will review the goals and help to make a setback plan.
8. Research tells us that sometimes a parent-led approach is best. Parents know their child and are often best positioned to implement strategies to support the desired behavioural changes or improve the responses to anxious situations. The practitioner and the parent would work together directly to build the necessary skills to support the child.

Where possible please liaise with your school's Senior Mental Health Lead before contacting us.

In School Team

Senior Mental Health Lead (SMHL)

Thought-Full Team

Advisory Teacher (AT)

Education Mental Health Practitioner (EMHP)

Mental Health Practitioner (MHP)

Senior Mental Health Practitioner (SMHP)

Educational Psychologist (EP)

Voice and Participation (VP)

For a full list of Schools that we work in, please go to our website.