

Mind in West Essex are pleased to announce that we will be hosting a Trailblazer team that will be working in Harlow schools and colleges delivering mental health support. This is part of a new government initiative that aims to promote good emotional wellbeing and mental health and is being rolled out across the country.

The overall aim is to help children and young people:

- Understand what mental health is
- Recognise what 'good and poor' mental health looks like
- Develop ways to self-regulate their mental health

This will be achieved by using a 'whole school approach' which means involving children and young people, all school staff and parent/caregivers.

It is envisaged that there will be a combination of group and individual work with students, and group work with school staff and parents. The intention being that staff and parents will be able to promote ideas to maintain good mental health of students and to reduce the risk of mental health problems either starting or becoming worse. Students will become aware of what is good mental health and learn effective ways to self-support their wellbeing. For those students needing a more therapeutic approach, we will be able to support students with mild to moderate problems and will be able to refer on for more specialist support.

We are excited to announce that your child's school has been selected as one of the first four schools in Harlow that we are working with, starting this February after half-term. By September we are looking at working in up to 20 schools across Harlow.

We have recruited a Mental Health Support Team (MHST) which consists of Educational Health Practitioners, Supervisor/Practitioner, Team Manager and Team Administrator. I would like to introduce you to the team assigned to The Downs Primary school.



Alice Prosser
Trainee Education Mental
Health Practitioner



Nicola Dawson
Trainee Education Mental
Health Practitioner



Marrisa Dear
Children & Young People's
Mental Health Team
Supervisor

If you would like further information please speak to your school or alternatively you can email trailblazer@mindinwestessex.org.uk