

# Emotional Mental Wellbeing in Education Team (EMWiE)

**VISION:** To support all educational settings, from early years to further education (including independent and specialist settings), to deliver a whole school college approach (WSCA) to emotional and mental wellbeing, enabling our children and young people to grow and thrive and become independent adults.

## Where we fit in the CYPMHS

### CYPMHS

Children and Young People's Mental Health Services

### Education

All settings from Early Years to higher education

### EMWiE Team

Emotional and Mental Wellbeing in Education



## AREAS OF FOCUS

EMWiE Team commission projects and programmes that bridge gaps within the Education and Children and Young People Mental Health System, ensuring these provisions are purposeful, have impact, and are inclusive and accessible to children, young people and families.

All Hertfordshire education settings will receive resources and signposting from the EMWiE Team, ensuring that you are linked in with all children and young people emotional and mental wellbeing support.

## TRAINING ON OFFER:

**1. Schools Mental Health Leads (MHLs) training.** 3.5 hours online delivery of an introduction to your role as a MHL/DMHL within Hertfordshire.

**2. A fully funded grant** of up to £1200 is also available via the **DFE** to access further **Senior MHLs Training**.  
**\*Eligibility criteria does apply**

**3. EMWiE Team also commission Youth Mental Health First Aid Training (MHFA).** This face to face training is offered to both parents/carers and also school professionals for those who live or work with 8-18year olds. 1 day and 2 day courses are available.

For more information on our training offers please visit our newsletter

## EMOTIONAL AND MENTAL WELLBEING IN SCHOOLS MARK

All mainstream primary, secondary and independent schools can access and complete the Emotional Mental Wellbeing in Schools Mark. This is a Whole School approach (WSA) self review process, enabling schools to achieve recognition for their contribution, as well as celebrating areas of success that schools are implementing to support mental health and emotional wellbeing within their own setting. For more information visit our newsletter.

## STAFF WELLBEING SUPPORT

**Togetherall:** A space for anonymous support and conversation – most used by 16-24/25-34 year olds. [Togetherall](#)

**Talking Therapies:** Offering free workshops for staff (sleep, building resilience), c.20 people per cohort.  
To book email:  
[hpft.wellbeingworkshops@nhs.net](mailto:hpft.wellbeingworkshops@nhs.net)

**The OLLIE Foundation:** Support for loss through suicide and sudden death. [The OLLIE Foundation](#)

**Anna Freud :** A booklet offering practical guidance about what school staff and senior leaders can do to support their own and their colleagues' wellbeing. [Anna Freud National Centre for Children and Families: Guide to supporting staff wellbeing](#)

**Education Support Partnership:** *'We are the only UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities.'*

- Anxiety
- Stress
- Burnout
- Working life
- Depression

## SIGNPOSTING FOR PARENTS/CARERS

**With YOUth:** Free online parent group for those supporting a young person with poor mental health. [withyouth.org](#)

**NESSie:** Free support for parents including moderated Facebook pages, phone line, workshops, advice and peer support. [nessieined.com](#)

**Family Lives:** Online support and advice for parents of children at all ages, courses, workshops, helpline, chatline and forums. [familylives.org.uk](#)

**Families First:** Overarching team supporting early help and interventions for families in Hertfordshire.  
[hertfordshire.gov.uk/microsites/families-first/families-first.aspx](http://hertfordshire.gov.uk/microsites/families-first/families-first.aspx)

**Hertfordshire Directory:** Directory of services and help available for adults and families across Hertfordshire, split into categories. [directory.hertfordshire.gov.uk](http://directory.hertfordshire.gov.uk)

## CYP SUPPORT

**Sandbox:** Sandbox offers a website with free eligibility assessments for online Sandbox therapy, live stream gaming, live chats and resources for parents/carers, teachers and other professionals. Age 10 to 25 years.  
[sandbox.mindler.co.uk](http://sandbox.mindler.co.uk)

**With YOUth:** Digital wellbeing services, Haven Cafes, Spark creative group support, one to one online and group support, instant messaging. [www.withyouth.org](http://www.withyouth.org)

**Lumi Nova:** Free, game based app which uses gradual exposure and cognitive behavioural therapy to overcome anxieties and fears. Age 7 to 12 years.  
[www.withyouth.org](http://www.withyouth.org)

**First Steps ED:** Support for people with eating disorders (Parent led aged 0-5, CYP aged 5-18) [firststepsed.co.uk](http://firststepsed.co.uk)

**Herts Haven Cafes:** Free drop in space for CYP to access support for their emotional wellbeing currently located in Watford and Stevenage. [Herts Haven Cafes](#)

**Counselling Service:** Offered through YouthTalk and Rephael House; accessed through Single Point of Access.  
[youthtalk.org.uk](http://youthtalk.org.uk) | [rephaelhouse.org.uk](http://rephaelhouse.org.uk)

**Children's Wellbeing Practitioners (CWPs):** CWPs are trained to deliver manualised guided self-help interventions for anxiety, low mood and behavioural difficulties.  
[Herts CWPs](#)

**School Nurses:** The service is aimed at children and young people aged from 5-19 years, who attend mainstream schools in Hertfordshire. [hertsfamilycentres.org](http://hertsfamilycentres.org)

**Additional Services and resources can be found on the CYPMHS Directory here**