

Welcome to 'With Me in Mind'

Introduction to our service: Mental
Health Support Team





Who are we?

- With Me in Mind is a education based mental health support service focusing on early intervention and prevention for children aged in school years 6 to 13 across North Lincolnshire.
- We work with young people, parents and education staff to ensure our children and young people are being supported with mental health and wellbeing.

Our Team



Our Team

Clinical Lead

Senior Practitioners

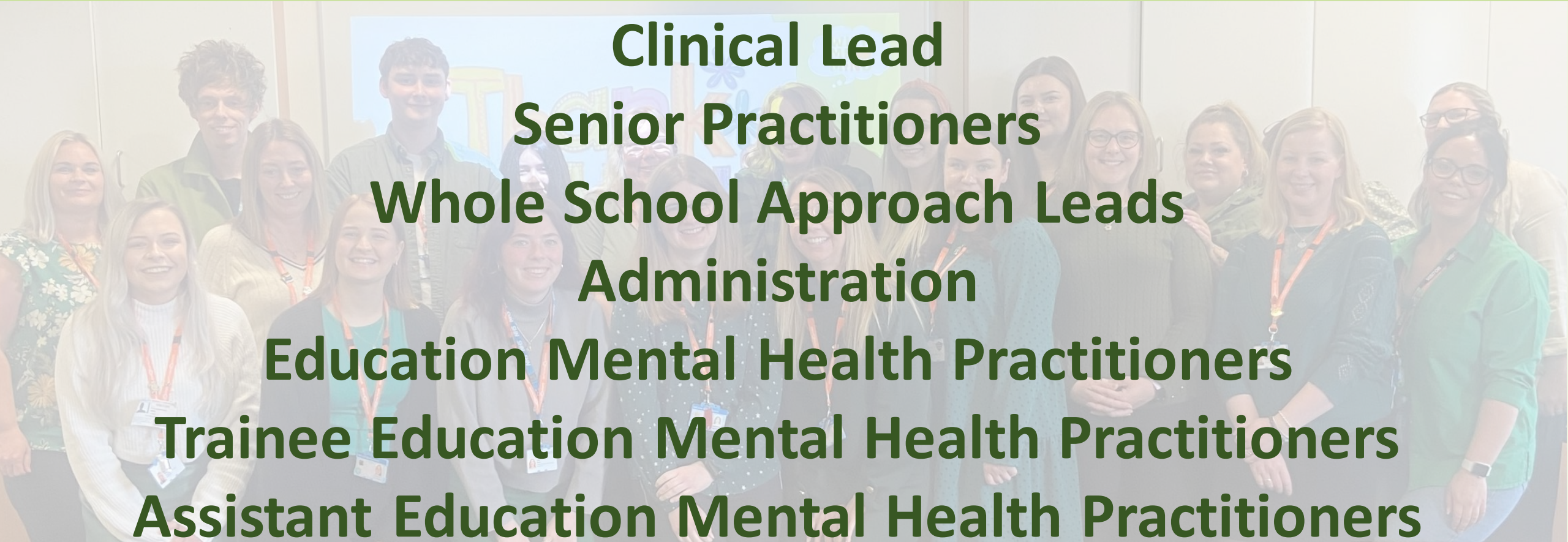
Whole School Approach Leads

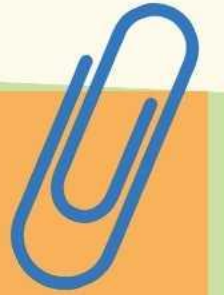
Administration

Education Mental Health Practitioners

Trainee Education Mental Health Practitioners

Assistant Education Mental Health Practitioners





Our 3 Core Functions:

Whole School Approach

- Working alongside school staff to develop a whole school approach to mental health and wellbeing

Consultation and Advice:

- Our senior practitioners give advice, signpost or refer young people to specialist services

Evidence Based Intervention:

- CBT informed interventions delivered by Education Mental Health Practitioners (EMHP) for children with mild to moderate mental health difficulties





Stepped Approach



Prevention: Assemblies, corridor workshops, staff training, whole school approach.

Early Intervention: Delivery of group or classroom sessions when needs have been identified by school staff, e.g. exam stress, school transition, self esteem

Targeted Support: School staff access a consultation with agreement from the young person and their family. Intervention could be offered if appropriate.

Step Up Support: Senior Practitioner can refer the young person on to more appropriate services.





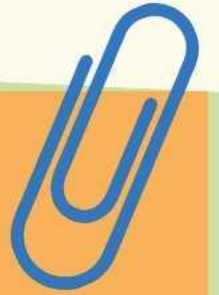
How can I access support?

- If you or your child would like to access support from With Me in Mind, please speak to a trusted member of staff at school who can direct you to the pastoral team.
- The school Progress and Achievement Leads can then have a meeting with With Me in Mind to see which support would be most appropriate.



E-Clinic app:

- We also run a child and parent e-Clinic on a weekly basis so you have a with me in mind practitioner to talk to if you feel you need this support.
- The e-Clinic is an online messaging service where we can think about what is going on for your child and provide strategies, support and signposting.
- The app can be downloaded via android or IOS, register your details and book an appointment via the app





Wellbeing Wednesday's:

31/05/23 Scunthorpe Central Library 10am-1pm

Other dates and locations for the Summer Holidays TBC

Barton Carnival:

17/06/23 Baysgarth Park, Barton

Armed Forces Day

24/06/23 Brumby Sports Ground, Scunthorpe

ONGO Carnival

2/8/23 Manor Park, Burringham Road, Scunthorpe





Thank you for listening!

Visit our website and social media pages at:

<https://www.withmeinmind.co.uk/>



@withmeinmindnorthlincs



@With Me in Mind North Lincs

For further information, discussion or resources on how to manage exam stress, please join us at our stall.