
Free resources and help to support the wellbeing and mental health needs of pupils, students and staff as Covid-19 continues

B&NES are offering all schools a comprehensive package of resources to help them support the mental health and wellbeing of students and children as they continue their education in the Covid-19 era. The offer includes

- **FREE training on relevant mental health issues led by mental health professionals within the B&NES CAMHS** (see timetable below)
- **A series of FREE network meetings led by B&NES Educational Psychologists** (see timetable below) which will focus on a specific topic related to the impact of Covid19. The session will provide tips and advice on common concerns, opportunities to reflect and discuss with colleagues and links to guidance on best practice
- **A FREE individual consultation / advice line on which you can talk with a B&NES Educational Psychologist** about individual concerns relating to your school, staff and students/ children

This offer is funded by central Government's * **Wellbeing for Education Return Programme** which seeks to better equip schools and colleges to promote children and young people's wellbeing, resilience and recovery in response to Covid-19

How to access what's on offer

- **FREE INDIVIDUAL CONSULTATION / ADVICE LINE**

This will be available from 1st December 2020 through to 31st March 2021. To book a call to chat with a B&NES Educational Psychologist email psychology_service@bathnes.gov.uk

- **FREE TRAINING AND NETWORK MEETINGS**

Places on the training and network meetings are open to any member of school staff. You might feel you want several staff joining in and that is fine. Sessions may be especially useful for staff who are new to thinking about mental health needs such as TAs, specific class teachers, form tutors etc, as well as for mental health leads and SENCos. To sign up visit the timetable of events below and click on the sessions you would like to attend. You can come to as many as you like. **(see timetable below with links to book your place)**

Timetable of events and sign up links		
December 2020	Tuesday 8th December 3.45 – 5.15pm via Zoom Educational Psychology Network Meeting Click here to sign up via Eventbrite	Parental anxiety around Covid-19. How does it impact upon children? What can the school do to help?
January 2021	Wednesday 13th January 3.45 – 5.15pm via Zoom Educational Psychology Network Meeting via Zoom Click here to sign up via Eventbrite	Staff anxiety and building resilience
	Wednesday 20th January 4.00-5.30 pm via Microsoft Teams CAMHS run training: Wellbeing Education Return Module 1 Click here to sign up via Eventbrite	Repeat of national training Module first run November 2020
	Wednesday 27th January 3.45 – 5.15 Via Zoom Educational Psychology Network Meeting via Zoom Click here to sign up via Eventbrite	Anxiety in children – EYFS and KS1. Classroom strategies Behavioural issues Supporting SEND
February 2021	Wednesday 3rd February 4.00-5.30 pm via Microsoft Teams CAMHS run training: Wellbeing Education Return Module 2 Click here to sign up via Eventbrite	Repeat of national training Module first run November 2020
	Tuesday 9th February 3.45 – 5.15 via Zoom Educational Psychology Network Meeting Click here to sign up via Eventbrite	Anxiety in children – KS2 Classroom strategies Behavioural issues Supporting SEND
	Wednesday 24th February 4.00-5.30 pm via Microsoft Teams CAMHS run mental health topic training Click here to sign up via Eventbrite	Understanding and supporting children & young people with low mood or depression
	Tuesday 2nd March 3.45 – 5.15 via Zoom Educational Psychology Network Meeting Click here to sign up via Eventbrite	Anxiety KS 3 and above Classroom strategies Behavioural issues Supporting SEND

March 2021	Wednesday 10th March 4.00-5.30 pm via Microsoft Teams CAMHS run mental health topic training Click here to sign up via Eventbrite	Understanding loss and bereavement
	Wednesday 17th March 3.45 – 5.15 via Zoom Educational Psychology Network Meeting Click here to sign up via Eventbrite	Impact of Covid on children and young people, using emotion coaching to support domestic violence, relationship breakdown etc
	Wednesday 24th March 4.00-5.30 pm via Microsoft Teams CAMHS run mental health topic training Click here to sign up via Eventbrite	Supporting children and young people with mental health issue. Details to be confirmed
	Tuesday 30th March 3.45 – 5.15 via Zoom Educational Psychology Network Meeting Click here to sign up via Eventbrite	TBC

For further information contact Clare Laker in B&NES Public Health Team clare_laker@bathnes.gov.uk

For more information on this programme and other resources and services that can support children and young people’s mental health visit the [Public Health in Schools pages of the HUB](#)



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