

## Framework, Needs Assessment and Award

**Mental Health and Resilience in Schools (MHARS) Self assessment** sets out 7 key areas for good mental health, wellbeing & resilience. We will support you to assess your current practice, support development & celebrate good practice. [Mental Health and Resilience in Schools \(MHARS\) Guidance](#)

**5 Ways to Wellbeing Award**- Based on a framework of 5 everyday activities that boosts children's wellbeing. Schools can achieve the award by imbedding these activities into everyday school life. We recommend this is driven by the school council with our support [5 ways to wellbeing guidance for schools](#)

## For Staff – Wellbeing



### Staff Wellbeing Workshop

Helps staff to reflect on what impacts their wellbeing within school and explore possible solutions as a school to improve staff wellbeing.



### Stress Awareness Training or workshop

Helps staff understand how the body reacts to stress, the impact it has on our mental health and ability to function at work and introduce tools to reduce stress.



### Guided Mindfulness sessions

Sessions last between 30 and 60 minutes and provide the opportunity to explore mindfulness with the support of a qualified mindfulness coach\*as part of a follow-on sessions to staff wellbeing

## For Parents/ Carers



### Dealing with big emotions bitesize session for parents /carers

This 45min session will look at resources that promote positive mental health and easy techniques you can use to build resilience



### Emotion Coaching bitesize session for parents /carers

This session 45 mins supports parents/cares in understanding children's emotional development and provides practical strategies to help children recognise, express, and manage their emotions in healthy and constructive ways

# Staff Training



**Emotion Coaching-** This training will support adults to promote empathetic response to challenging behaviours and situations, helping children and young people to understand emotions and learn how to manage them.



**Self-Harm Awareness Training-** Provides a basic knowledge of self-harm including; why young people self-harm, risk factors to look out for, tips for talking about self-harm and support available



**Resilience workshop-** Provides an overview of the resilience framework and how it can be used to build children and young peoples resilience.

## Specialist support for schools



**The Educational Psychology Service** aims to bring about positive change for children and young people where there are concerns about their learning, behaviour or emotional well-being. They do this by working with the people who know children best – their families, their teachers and other professionals who are involved [Educational Psychology Service](#)



**Mental Health Support Teams in Schools** provide direct mental health support to primary and secondary schools by promoting the early detection and prevention of mental health problems, strengthen links with mental health services, providing direct, ongoing support around mental health and wellbeing across the whole school [Mental Health Support Team in Schools in Halton :: Mersey Care NHS Foundation Trust](#)

**To book any support for the Mental Health and Resilience framework, 5 ways to wellbeing or any staff/parent training please email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)**