



HeadStart – giving all Middlesbrough’s children and young people the necessary support to build resilience to achieve good emotional health.

HeadStart is a town wide programme which aims to improve the emotional well-being of children and young people by providing preventative and early help support. It is estimated that at least 3 children in every classroom will go on to develop emotional ill-health and providing support at an early stage will reduce the number of diagnosable mental health conditions.

The aim of the HeadStart school programme is to make sure that children and young people are happy and enjoy their time at school. There are many things that impact on the emotional well-being of children; falling out with friends, the pressures of social media, keeping up with studies. We want all our pupils to have good emotional health, to have the skills and confidence to cope, solve problems, achieve well and be happy.

Archibald Primary School is committed to improving resilience and emotional well-being in our young people and this remains a key priority for our school. We want to give our pupils the knowledge, skills and support to cope with adversity and do well at school and in life. To help us to do this Archibald Primary has become a HeadStart school and through a range of preventative and early intervention approaches will equip young people to cope better with difficult circumstances, preventing them from experiencing serious issues. It’s about

HeadStart is a whole school approach where everyone feels safe and comfortable to be themselves, learn and develop in a positive environment and access support when needed. HeadStart services within school are:

Staff development – our staff have access to training that enables them to be able to better respond to the emotional needs of pupils.

Within school, we have a dedicated team of pastoral staff available to offer advice and support to children when required. Identified children are offered a range of interventions, by specially trained staff, in small focused groups or in 1:1 sessions depending upon their need. If you have any concerns, please do not hesitate to come into school to see what help is available.

Headstart Reach partnership – The school also has access to HeadStart Reach who deliver support to pupils who may be struggling at an early stage to stop issues from escalating. They can offer solution focussed therapeutic approaches providing pupils and their families with the tools and emotional support to deal with emotional health problems.

Transition – One of the main issues HeadStart supports is young people moving from primary to secondary school. They understand how overwhelming it can be adjusting to a new school and making new friendships. HeadStart can help you prepare for this exciting new change in several ways such as group focused activities and one-to-one sessions.

If you need any more support for your family, please look at Family Information Service Middlesbrough which provides information and advice about the services for families in Middlesbrough. Emotional support is offered depending on the needs and wishes of the young person. If you feel you could benefit from having someone trusted to talk to then we can offer you the right support.

HeadStarters - a training pathway for young people to develop school-based projects and support the delivery of HeadStart.

Our school is committed to the HeadStart principles to allow every young person to have the best possible experience and outcomes throughout their school journey.



CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Local areas have a number of different support services available. These might be from the statutory, voluntary or school-based sector, such as an NHS trust, local authority, school or charitable organisation.

Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

HEADSTART REACH

If you attend a primary or secondary school in Middlesbrough, REACH can offer one-to-one sessions as well as group work. Their work is aimed at young people at risk of emotional or mental health difficulties and those with existing mild to moderate difficulties.

Group work is flexible according to the needs of the young people and the school, but mainly focuses on raising awareness of emotional well-being, building resilience and teaching coping strategies, including working on issues such as confidence and self-esteem, stress, anxiety, low mood and anger.

How do I get help from CAMHS?

CAMHS in Middlesbrough have their own website, which has information about access, referrals and more, including phone numbers, so you can get in touch directly for detailed advice. **[Click here for more details.](#)**

You may also find it helpful to speak to:

- GP
- Someone you trust at school or college – for example, a teacher, pastoral lead, school nurse or special educational needs co-ordinator (SENDCo)
- Health visitors
- Children's centres

If you or your child is being supported by social services or the youth offending team, your key worker will be able to refer your child for an appointment with someone in specialist CAMHS.

For more helpful information about what CAMHS services offer, please follow this link to the Children's Mental Health NHS page. Information for Children and Young People Information for Parents and Carers

REACH can help with:

- Not feeling good about yourself
- Feeling anxious and worrying
- Feeling sad or depressed
- Difficulties with relationships and friendships
- Struggling to concentrate
- Feeling overwhelmed with emotions

If you are under 18, living in Middlesbrough, you can access this service by

Telephone: Children and young people's team

01642 257033

Email: reach@middlesbroughandstocktonmind.org.uk

What happens next?

Anyone can refer a young person to REACH such as a parent, teacher, child or professional. Once a referral has been made, they will contact the referrer and the parent(s) to discuss the support needed. REACH will also contact the school for a convenient time for the sessions to commence. We can see the individual wherever they feel comfortable either at school or at our venue.

Other Useful Contacts

Childline

0800 1111

childline.org.uk

Free 24-hour helpline for children and young people in the UK.

HeadStart

Wendy Kelly – Programme Manager 01642 728079

Andy Appleyard – Programme officer 01642 728256

Nicola Hunt – School development officer 01642 728284

NSPCC

Helpline (adults): 0800 800 5000

Helpline (children and young people):
0800 1111

help@nspcc.org.uk

nspcc.org.uk

Specialises in child protection and the prevention of cruelty to children.

Young Minds

020 7089 5050 (General enquiries)

0808 802 5544 (Parents helpline, for any adult with concerns about the mental health of a child or young person)

youngminds.org.uk

National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people.

Parenting and Family Support- Family Lives

(formerly Parentline Plus)

Helpline: 0808 800 2222

familylives.org.uk

Support to anyone parenting a child.

Samaritans

24-hour helpline: 116 123 (freephone)

samaritans.org

Emotional support for anyone feeling down, experiencing distress or struggling to cope.