



Barnardo's St Helens Resilience Service

Offering emotional wellbeing and resilience support to all secondary aged children and young people

Support for you, when you need it



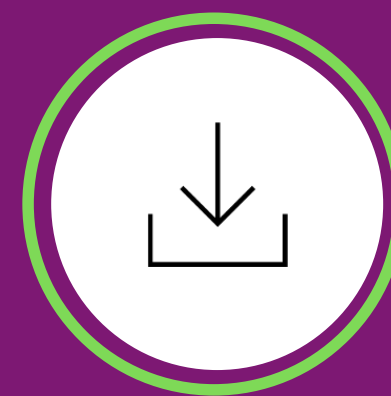
Group workshops



1 to 1 sessions



Phone/video support



School drop in sessions



Staff training



Parent/carer sessions



Staff support



GP networks' support

Contact us on:

☎ 07783 763382

✉ sthresilience@barnardos.org.uk

Alternatively speak to a member of staff at school

📷 Follow us on Instagram @barnardoswellbeingsth



SCAN ME

Believe in children



Barnardo's

Incredible things happen when you believe in children

In partnership with



Barnardo's Registered Charity Nos.216250 and SC037605

Barnardo's St Helens Resilience Service is part of **St Helens Thoughtscape – First Stop For Your Mental Health** – the early support offer for children and young people in St Helens.

The overall aim of the service is to address and meet the emotional wellbeing needs of primarily secondary school aged young people living in St Helens at the earliest point of intervention possible.

We work alongside KOOOTH online counselling and wellbeing service and the Mental Health Support Team (MHST) providing direct, ongoing support to schools.

We offer emotional health and wellbeing group work, these are experiential groups which run for up to 8 weeks. Themes can include:



CALM SKILLS

Anxiety is a feeling that lots of us experience at different times in our lives, however there can be times when this feeling is difficult to make sense of and manage. The group explores what anxiety is, how it affects us in our bodies and our daily lives. Help young people identify triggers and learn positive coping strategies.



DECIDER SKILLS

The **Decider Skills** is an interactive group which provides young people with proactive skills to help monitor and manage their emotional and mental health. The group covers 12 skills in total. The skills are based on Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT) and are easy to use.



#UNFILTERED

#Unfiltered is a group which supports young people to recognise and celebrate their personal uniqueness. It uses creative activities to support young people to identify their personal strengths and individual qualities, recognise and manage social pressures and discover how to be body confident.



BOUNCE BACK

Bounce Back supports wellbeing by building self confidence, self-esteem and resilience. It explores friendships and identifies support networks, building positive emotional wellbeing strategies that can mitigate stress and challenges.



REAL LOVE ROCKS

Real Love Rocks is a ground-breaking programme developed by Barnardo's. It explores and promotes healthy, consensual, and safe relationships (including online) for young people with their peers, partners, family and across their wider community.



WELLNESS RECOVERY ACTION PLAN

Wellness Recovery Action Plan (WRAP) is an evidence-based social and emotional resilience programme aimed at Year 7 pupils, which supports them through the transition and builds positive emotional wellbeing strategies.

Following the Barnardo's evidence-based CSSO Delivery Framework © the Resilience Service understands that every young person is unique and their support needs to be tailored to them as individuals.



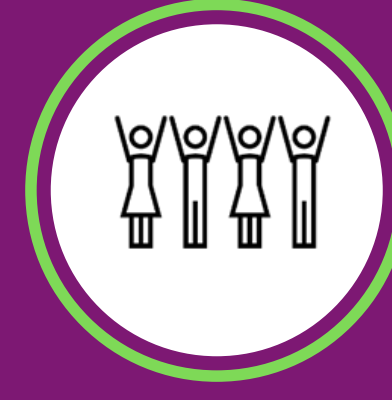
School drop in sessions

Barnardo's experienced therapists and mental health professionals offer regular school based pupil drop-in sessions. This could lead to accessing our group work or individual resilience provision for students. Ensuring support is available when it is needed.



1 to 1 sessions

Barnardo's experienced therapists and mental health practitioners offer individual brief therapy sessions delivering evidence-based approaches which focus on building resilience. An initial offer is usually up to three sessions.



Multi agency working

Barnardo's therapists and mental health professionals signpost and link in with other agencies, helping identify which will be best placed to meet the individual needs of the young person.



How to make a referral

Download and complete the referral form through the QR code on the front of this leaflet.

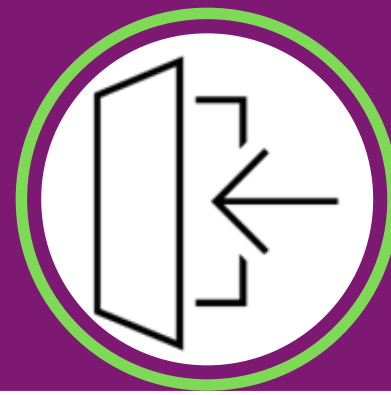
or

Email a completed referral form to:
sthresilience@barnardos.org.uk

or

Contact the team on **07783763382**.

We accept referrals from professionals and self-referrals from families and young people.



Referral criteria

- ★ The young person must be secondary school age
- ★ Attend a St Helens school or be registered with a St Helens GP
- ★ Presenting with low level emotional wellbeing issues. These can include:
 - Anxiety
 - Low self esteem
 - Low mood
 - Low resilience/ coping skills
 - Poor emotional regulation

Barnardo's Resilience Service understands the importance of community support networks which help build resilience in our young people. Having a sense of belonging within friendship groups, education settings and family is paramount. This is why we are extending our offer of support to include these networks.



Staff training

Barnardo's Workforce Development Co-ordinators offer comprehensive training to educational professionals, including Youth Mental Health First Aid Training.



Staff support

Barnardo's therapists and mental health professionals offer regular staff drop-in sessions. Giving the opportunity for staff to address their own wellbeing, supporting their professional development and promote best practice.



GP networks' support

Barnardo's are working together with your health professionals, including GP networks and school health nurse teams ensuring our young people can access the most appropriate service.



Parent/carer sessions

Parent/carer sessions offering support, information, signposting and advice about any concerns or issues you or your child may be experiencing. These are delivered by experienced therapists or mental health practitioners via live or recorded webinars and 1 to 1 sessions.



Blended approach

We offer a **blended approach**; offering a range of interventions including school based face to face sessions, community based sessions or video and telephone sessions: Ensuring we can meet the individual needs of the young person.

