



**Providing mental  
health support  
in schools**

Believe in  
children  
 Barnardo's

---

## Introduction to Barnardo's

Barnardo's is the UK's largest children's charity and one of the most comprehensive providers of integrated health and social care services for children and young people, bringing over 150 years' experience of supporting the most vulnerable.


Promoting and improving child and family health and wellbeing is at the heart of our 800+ services. Since launching our first specialist counselling services 20 years ago, we now have 158 health services working in partnership with a range of commissioners including NHS England and NHS Improvement (NHSEI), Clinical Commissioning Groups (CCGs), Integrated Care Systems (ICSs), Department of Health and Social Care (DHSC), Department for Education (DfE) and Local Authorities (LAs) to deliver cost-effective and innovative integrated health and wellbeing support.

Our services operate right across the spectrum of prevention, early intervention, targeted and specialist support in a variety of place-based settings across geographical footprints.

## Our offer

Effectively supporting the mental health and wellbeing of children and young people is one of the biggest challenges we face in the UK today. Delivering effective emotional wellbeing and mental health support to more children and young people through schools and colleges is crucial in helping meet the increasing demand for mental health support nationally.

**In 2020/21 we supported 38,039 children, young people, parents and carers through our school-based programmes.**



**“I now have the confidence to join new clubs and make friends. I now tell my mum and dad and brother how I am feeling. I am thinking more positively and opening up with them. WRAP [group] has definitely helped me feel better, it has made me more motivated to do things.”**

Young person aged 12,  
following attendance of WRAP group sessions

---

Barnardo's is commissioned to deliver a wide range of mental health services in schools and colleges. We deliver a whole school approach focused on children and young people, parents and carers and teaching staff. Our support is focused on building resilience and ensuring that prevention and early intervention help is available quickly when needs start to emerge.

We are successfully delivering mental health support in hundreds of schools and colleges across England through our 12 Mental Health Support Teams (MHSTs). In addition to these services, we deliver a range of other school-based support tailored to the needs and priorities of the areas we are commissioned in. These include services such as Healthy Minds Wellness Recovery Action Planning (WRAP) which supports children and young people in Bradford through group work programmes and a range of different school-based services delivered as part of Hull HeadStart.

Nationally, the Barnardo's Education Community<sup>1</sup> reaches thousands of education staff across the UK, delivering a free online 'one stop shop' where professionals working in the education sector can go for trauma-informed resources, support, and advice about how to help children and young people cope with feelings of loss, grief, and bereavement (including the impact of trauma).



---

1 See Barnardo's Education Community: <https://www.educators-barnardos.org.uk>



**“ You are the best person that I have worked with and you are just great 'cause you actually understand my problems. You are just amazing and already I can't thank you enough. ”**

Young person aged 11,  
receiving support from Solar MHST





## Case study

### Mental Health Support Teams (MHSTs) in schools

Barnardo's has been involved in the delivery of MHSTs since the first wave was commissioned in 2018/19. Our Swindon MHSTs were part of the Trailblazer roll-out, and we have since become the lead delivery partner to Morecambe Bay and North Cumbria CCGs, deliver the Birmingham and Solihull MHST in collaboration with Forward Thinking Birmingham and are part of a delivery collaborative on the Isle of Wight. Through these teams we are delivering a wide range of early intervention support focused on mild to moderate mental health difficulties. One of the key features of Barnardo's led MHSTs is that our teams are fully embedded in the schools in which they work.

This enables them to best support the delivery of an effective whole school approach by working closely with school staff to respond, innovate and flex to address children's presenting needs. Delivering these services in multiple locations simultaneously enables us to deliver support most effectively, whilst positively shaping the wider whole school system.

## To find out more

We'd love to hear from you. Please get in touch via [healthteam@barnardos.org.uk](mailto:healthteam@barnardos.org.uk) if you would like more information.

[www.barnardos.org.uk](http://www.barnardos.org.uk)

Barnardo House, Tanners Lane, Barkingside, Ilford, Essex IG6 1QG  
T: 020 8550 8822

Barnardo's Registered Charity Nos. 216250 and SC037605 23021dos22