

Dear Parent/carer,

RE: South Tyneside Blazing a Trail for children & young people's mental health.

We are delighted to announce that South Tyneside will be piloting a new national scheme to introduce mental health support into education settings.

Following publication of the recent Green Paper on Children and Young people's Mental Health and Wellbeing: South Tyneside will be introducing two teams working across 35 education settings. Selected pilot primary and secondary schools as well as South Tyneside College will benefit from support from the new teams.

Over the next year, we will launch Mental Health Support Teams which our young people have named: **The Healthy Minds Team**.

The Healthy Minds Team will be offering low level, early intervention and preventative mental health support. The staff will be offering awareness raising, information sessions and teaching around positive mental health. They will also be equipping students with the skills and knowledge of how to maintain their wellbeing and a healthy mind.

In addition to this, school staff, the healthy minds team or the student themselves, may identify that they require additional therapeutic support around their mental health.

Low level therapeutic support on an individual basis or in a group setting can be offered within the school or college environment. Support can be helpful for students who are experiencing low mood or anxiety and can support with challenges students may be facing around self-confidence, stress or body image.

If this is the case (and should the student give the necessary consent to share this information with their parents/carers) the team will inform you that your child is accessing support. For more information with regards to how data will be used, stored and shared please visit: <https://www.stsft.nhs.uk/privacy-policy>

An easy read version of how personal information will be used is attached for your information.

As you can appreciate, this is an exciting development for South Tyneside and will mean that our young people have access to an enhanced offer of support within their school or college.

