

Trafford Thrive in Education

Information for Parents and Carers

Who We Are:

We work in your child's school/college supporting the emotional wellbeing of students and we have 3 main roles:

1. We support schools/colleges in building a mentally healthy environment. For example this could be through staff training, classroom workshops or whole school assemblies.
2. We offer advice and guidance to school staff to promote young people's mental health.
3. We provide direct support for children and young people with mild to moderate mental health difficulties. This could be on a one-to-one basis or in a group.

What to do if you are concerned about your child's emotional wellbeing:

Your school will have a Mental Health Lead who oversees students emotional wellbeing. Ask to speak to this person and with your permission they can discuss your concerns with our team.

We will make recommendations and keep a record of this discussion.

Recommendations might include:

- Advising the school on how they can support your child through reasonable adjustments and pastoral support.
- Providing self-help materials.
- Signposting to community services.
- A referral to our team for one-to-one work or group work.

If you need urgent support:

Please call the Greater Manchester 24/7 Mental Health Crisis Line
on 0800 953 0285

or Trafford CAMHS Duty Line - 0161 549 6456 (Monday-Friday
9am-5pm)



“Supporting you to thrive ... your way”