

Mental Health Support

TEAM



Email: cfhd.mhstadmin@nhs.net

Hello!

Dear Student

We would love you to be involved!

We are St Peters new NHS Mental Health Support Team. We are working closely with your school on aspects of their Mental Health Strategy as we all prepare for our return to school life. Part of the Mental Health Strategy has an emphasis on Student voice and it with this in mind that we are coming to you.

The Mental Health Support Team are keen to ensure the transition from Lockdown to Freedom is considered in its entirety with our particular focus on mental health.

Your return to full learning in the school environment is probably some months away, however this space gives us a moment in time to review how we can all come back together to enjoy our learning at school once again.

Our initial thoughts are this:

Q1) What do students need to feel COVID safe upon their return to school

Q2) What do students need to help their transition back to social and emotional living in the school environment

Q3) What do students need to help their transition back into classroom learning

Can you help us create a student questionnaire to map what young people are saying? The use of such information will help us ensure as much as possible that the strengths of the school are emphasised and the gaps are identified and solutions explored.

We would very much love you to join us in the pre-questionnaire discussion, reviewing outcomes and considering the 'what next' with us.

We aim for this to be completed over the next 6 weeks. We would like to hold the pre-questionnaire discussions over the phone during next week, we anticipate this will take approx. 20 minutes.

We aim for the questionnaire outcomes to be evaluated with you on the phone during the week of 1st or 8th June. We anticipate this call will take approx. 20 minutes with a 'what next' plan forming.

This will be a confidential contribution and we will not be asking you to share personal information about you or your world.

If you are interested please contact us at the email address at the top of this page letting us know your name, your year group and a telephone number we can call you on. If you prefer we can connect with email, if this is your preference do feel comfortable letting us know.

We do need you!

We look forward to hearing from you

With kindness

David Plummer and Sarah Lewis