

# Compass Birmingham

Mental Health Support Team



Coffee Morning

Hello

## WHO ARE WE?



- We are a Mental Health Support Team here to work with children young people and families.
- We work with schools to ensure easy access to support.

## WHAT WE DO?



- We do preventative work and early intervention
- Raising awareness of mental health and wellbeing. To support difficulties early on to prevent them from worsening

# THE WORK WE OFFER



## **Whole School Approach**

- Year groups/whole school
- Teachers
- Parents



## **Support children with mental health**

- One on one
- Small groups
- With parents

# WHAT IS MENTAL HEALTH?





Thoughts

Behaviour

Feelings

Something  
that we all  
have

As important  
as our  
physical  
health

# WHAT DO THE EARLY SIGNS LOOK LIKE?



# Feelings

Worried

Sad

Anxious

Scared

Overwhelmed

Angry



# Physical

Sweating

Shaking

Butterflies

Feeling sick

Crying

Headache

Fast heartbeat

# Thoughts

“What’s the point”

“I Give up”

“No one likes me”

“I’m not good at anything”

# Behaviour

Stop playing with friends

Stop doing activities you enjoy





# WHY IS IT IMPORTANT WE HELP?

Mental health in children and adolescents is a growing concern

50% of mental health problems in adult life start before the age of 15

75% of mental illness starts before a child reaches 18.



# STATS ON MENTAL HEALTH

57% of young people have felt so stressed from the of fear of making a mistake that they feel overwhelmed and that they cannot cope



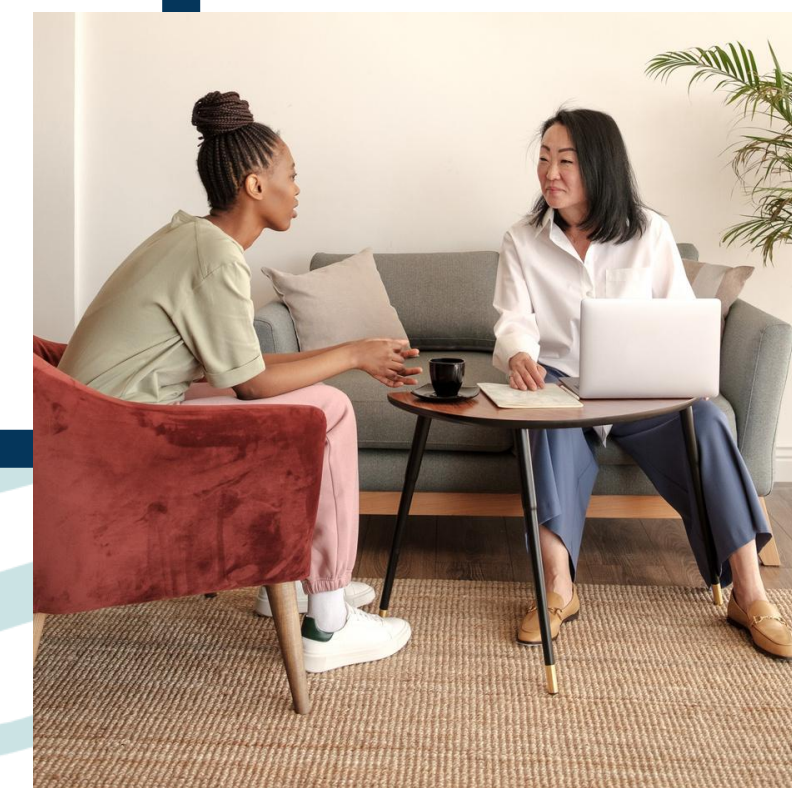
Mental health problems are increasing due to rising:

**STIGMA**  
**DISCRIMINATION**  
**ONLINE BULLYING**



Addressing early signs of mental health difficulties prevents things getting worse and causing issues later on

Having the family's involvement and support improves outcomes







# WAYS TO SUPPORT CHILDS WELLBEING

- ✓ Listen
- ✓ Encourage interests
- ✓ Take what they say seriously
- ✓ Look after your own mental health



# HOW TO REFER TO OUR SERVICE?

## 1. INITIAL CONTACT

Contact our service or speak to school



## 2. SCREENING CALL

We will complete a screening call to gather additional information.

## 3. ASSESSMENT

If suitable, an assessment appointment is made with the CYP.

## 4. OUTCOME FED BACK

The information gathered from the assessment is then discussed within the team and the outcome is fed back to CYP/F



# THANK YOU!

## CONTACT US:



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