

Support & resources for schools

Living Well in Schools

- Transforming the health and wellbeing of pupils to achieve better educational outcomes and live happier, healthier more fulfilling lives
- Offer to help school staff improve the health and wellbeing of pupils in their care
- A place for schools to access relevant guidance, resources, services and training to help make this possible
- Living Well Schools enables a whole child, whole school, whole community approach
- They work with schools to:
 - support school leaders to transform their schools into places promoting healthy lifestyle choices alongside learning
 - help children and young people to live healthier, more active lives, benefiting both their physical and mental wellbeing
 - ensure that healthy behaviours learned at school continue into adulthood
 - tackle inequalities across all settings creating equal outcomes for all children in Bradford district schools
- <https://mylivingwell.co.uk/schools/social-and-emotional-health/>

YIM Live

- Free mental health and wellbeing webinars for primary and secondary schools in Bradford District and Craven
- We provide pupils with information on issues related to their mental and emotional wellbeing in an interactive, safe and engaging way
- Designed for pupils and delivered digitally into the classroom – YIM Live is streamed directly into the classroom or assembly space
- Get pupils talking and thinking about their wellbeing and breakdown stigma around mental health
- Topics include reducing stress, worry and anger, creating coping strategies and dealing with loss, isolation and building self-esteem
- Contact Daniel Carroll at Daniel@mymup.org

Mental Health Champions

- Providing support for schools in helping with children and young people with low to medium level mental health or emotional wellbeing difficulties
- A way that schools can access information, training and guidance for staff carrying out their day to day roles and responsibilities
- Managed and delivered by Bradford Educational Psychology Team
- Half-termly pre-recorded webinars
- Termly parent/carer workshops
- Newsletters

- [https://bso.bradford.gov.uk/content/educational-psychology/healthy-minds/mental-health-champions-\(mhc-core\)](https://bso.bradford.gov.uk/content/educational-psychology/healthy-minds/mental-health-champions-(mhc-core))

Mental Health Support Teams in Schools

- Working with children and young people, parents/carers and school staff
- 1-1 and group support for children and young people
- Support groups and information and guidance for parents/carers
- Helping school staff to identify social, emotional and mental health issues as early as possible
- At designated schools in Bradford, Keighley and Craven
- <https://www.bdct.nhs.uk/services/mental-health-support-team/>