



# Healthy Heads

Healthy Heads is the new name of the mental health support team in Sunderland.

Healthy Heads offers mental health and wellbeing support to your pupils, staff, and parents/carers, as well as helping you to develop your whole school approach to mental health and wellbeing.

## WHAT IS A MENTAL HEALTH SUPPORT TEAM?

**Mental health support teams are part of the government's initiative to transform children and young people's mental health services. The Healthy Heads team in Sunderland works in schools offering evidence-based individual and group interventions for children/families, and helping schools develop their whole school approach to mental health and wellbeing.**

Healthy Heads works alongside existing mental health services both within schools and the wider community, improving access to early interventions and reducing onward referrals.

## WHAT'S HAPPENING NOW?

**Sunderland has been successful in securing further funding to expand the Healthy Heads team. This has enabled the team to employ four trainee Education Mental Health Practitioners (EMHPs) who are working into a small number of schools while they complete their training at Northumbria University.**

In addition to the four trainee EMHPs, a number of qualified clinicians have now also joined the team allowing the expansion of the service into more schools from September. We would like to invite your school to be part of this phase.

Only schools who have signed up and been accepted onto the programme will be able to access the Health Heads service.

## WHAT HAPPENS NEXT?

Once we have received your expression of interest, Healthy Heads staff will arrange a convenient time this term to meet with you to provide further information about the service and to discuss a start date.

## INTERESTED?

Please complete the expression of interest form and checklist and return to [mhst@togetherforchildren.org.uk](mailto:mhst@togetherforchildren.org.uk)