

## **Pewsey Area Board Project**

### **Mental Health Support for young people – Cllr Jerry Kunkler**

#### **1. What is the project?**

Mental Health Champions for Vale of Pewsey Schools

#### **2. Where is the project taking place?**

Pewsey Vale School

#### **3. When will the project take place?**

Date to be confirmed but either October 2019 or January 2020

#### **4. Who is the project aimed at?**

This is to provide CPD for teaching assistants and teachers from a reliable source (Wiltshire Mind) to provide better mental health awareness and support in our schools for the benefit of students and staff and their families.

#### **5. What are the Community benefits/evidence of need/desired outcomes?**

Mental health has been identified in the JSA as a priority for many years, yet has not been addressed robustly. The local youth network has been trying to find something of benefit.

A request for help directly from the school was taken forward.

The course provides:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix of organisations

#### **6. Who will manage/be responsible for this project?**

The LYN supported by a PCAP representative will be responsible for making the arrangements and liaising with the schools

### **7. Costs/quotes/ match funding?**

1 day MHFA course for those wishing to become Mental Health Champions. This would be at a cost of £1600. Minimum numbers - 8 with a maximum of 12. Delivered by Wiltshire Mind.

Course books and materials included in the cost

Pewsey Vale School to supply a suitable venue.

PCAP to provide admin support.