

If you decide you'd like some one-to-one support from Thought-Full, here are the steps you'll take



**Step one:** Talk to the Senior Talk to the Senior Mental Health Lead (SMHL) or an adult you trust in your school. Describe the problem and what you would like to be different. Well done, this is a really positive first step!

**Step two:** They will put this on a form and send it to us with some other details. If you are under 16 they will gain consent from your parents too.



**Step three:** We will look at the form and decide if we can help you. If we can't help you, we'll help your school work out who can! Either way, we'll be in touch with school to let them know.



**Step four:** We'll meet up and talk things through. We'll use some questionnaires with rating scales. These are just a way for us to decide how we can best help.

**Step five:** Once we understand the problem we will set some goals together and begin working on the problem. There will be things for you to try at home and we will meet each week to see how things are going.



**Step six:** We'll meet with you for up to 10 sessions then bring things to a close. We'll review your goals together and help you make a set-back plan.



Working in partnership

## We work with schools to improve mental health and wellbeing of staff and pupils.

### We can help with things like:

- Low Mood
- Low Self-Esteem
- Anxiety (including social anxiety, separation anxiety, generalised anxiety/worry, specific phobias) – excluding needle and blood phobia, OCD and PTSD
- Emotional Regulation
- Sleep difficulties
- Common Behavioural Difficulties (primary age)
- Voice Hearing (secondary age)



We can meet with you for up to 10 sessions in school or online to support you with your mental health. Depending on your age, we sometimes involve your parents/carers too.

We offer one to one support using a type of talking therapy called Cognitive Behavioural Therapy or CBT.

CBT is 'evidence based', which means that there has been a lot of research into this method.

CBT focuses on cycles of thoughts, feelings and behaviours. This means how you think (your thoughts or assumptions) are linked with how you feel (your emotions) which is then linked with what you do (your actions or behaviours).

We can help you to change those cycles of thoughts, feelings and behaviours that might be making you feel stuck.

With help to identify these unhelpful cycles of thinking and behaving, you will be able to build a more helpful belief and also improve your problem-solving skills which will reduce your emotional difficulties.

We work with you to set goals and make sure you're in control.

If you are in immediate danger or need urgent medical attention, call **999** or go to your nearest A&E. If you feel unsafe and need additional support, please contact your GP or, if out of hours, call **111**.

If you are experiencing a mental health crisis and need support you can contact the **YoungMinds Crisis** messenger text service, by texting **Sussex** to **85258**. They provide free 24/7 crisis support across the UK.

You can also call **NHS 111** and select the mental health option (also known as the Sussex Mental Healthline) (available 24/7)

To access other mental health and emotional wellbeing support services in West Sussex please go to [e-wellbeing.co.uk](http://e-wellbeing.co.uk)

For more you can visit [westsussex.gov.uk/thought-full](http://westsussex.gov.uk/thought-full)



More  
Information  
for Young  
People



More  
Information  
for Parents  
and Carers