

# FAQs

## What mental health issues can you help with?

We provide early intervention for children and young people aged 5 - 18-years-old\* who have mild to moderate mental health issues. This includes anxiety, low mood, stress, and school transitions.

\*up to 25-years-old for care leavers with special education needs or disability.

## How much time do you spend with pupils?

Up to 8 sessions on a 1:1 basis can be delivered for children and young people , mostly delivered in schools. We also provide assemblies and themed group work sessions.

## How do you support parents/guardians?

Parents/guardians are supported through the delivery of workshops to feel better equipped in helping their child with their mental health. We also act as a point of contact for information when required.

## How much does the service cost?

There is no cost to schools. The Mental Health Support Team is funded by the NHS via Forward Thinking Birmingham.

# Contact Us



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**Compass**  
**Birmingham**  
Mental Health Support Teams

Mental health support within schools for children, young people and their families.



Registered charity number: 518048

Company number: 2054594

# Who We Are

## Compass

We are a national, non-profit charity, with over 35 years experience in delivering community health and wellbeing services.

## Our Vision

All people have their health and wellbeing needs identified early, before problems escalate and people are given the right care and support, at the right time, by the right professional.

## Our Mission

Where everyone gets the same access to help early, irrespective of background and circumstances so they can realise their talent and reach their true potential.

## Mental Health Support Teams

Compass operates Mental Health Support Teams in a number of regions across the country.

Mental Health Support Teams are commissioned by NHS England and the Department for Education following the 'Transforming Children and Young People's Mental Health Care Provision: a Green Paper' (2017).

# What We Do

Compass Birmingham MHST works directly with primary and secondary schools in North & East Birmingham to offer early support for children and young people navigating their mental health journey.

We focus on prevention and early intervention mental health and emotional wellbeing services via:

- 1:1 interventions
- group workshops
- whole school approach delivery

Our services are primarily delivered during school hours. However, we have flexibility to work around individual needs and can work outside of these hours on an ad hoc basis.

## We aim to:

- ensure children and young people access early help that is right for them, in the right setting, delivered by the right professional
- help children and young people to manage their thoughts, feelings, behaviours, and physical sensations so that they can better engage with their learning and education
- work alongside education staff to develop whole school approaches towards positive mental health and wellbeing.

# Whole School Approach

Our mental health support team works collaboratively with schools to ensure our support is visible throughout the school community.

We do this by:



developing a clear action plan with each school



delivering and participating in school events e.g. workshops, assemblies, parents' evenings, etc.



annual auditing in adherence to the 8 key principles of a whole school approach to mental health and wellbeing

## Are we working with your school?

We are commissioned to work in schools across North and East Birmingham.

If you are unsure of whether we are working with your school, please get in touch via the 'contact us' section overleaf.