

# Schools Mental Health Service



## Who are we?

We work in all Brighton and Hove Schools offering support for mild to moderate mental health difficulties, including:

- 1 to 1 therapeutic support in school for children and young people
- Group work in schools
- Therapeutic support outside school settings , including for those not attending school
- Parent/carer consultations
- Groups and courses for parents/carers
- Training for school staff
- Family support workers

### Find out more

- If you think your child might benefit from support, please talk to their Head of Year
- Follow us on Facebook for news on events, parent/carer courses and drop ins (<https://tinyurl.com/3dawdazs>) or search for Brighton and Hove Schools Mental Health Service

## What is a Mild or Moderate Mental Health Difficulty?

It's when your mental health is having a significant impact on your daily life, for example, you're sometimes finding it difficult to engage positively with things like school/work, friendships, family etc, maybe because you are feeling...

- Sad, depressed or bad about yourself,
- Worried, anxious or panicky,
- Afraid (fears or phobias).