

Best care by the best people



Dear Parent/Carer

## Introducing the Emotional Support Team at Walderslade Girls' School.

Walderslade Girls' School welcomes the Emotional Support Team (EST) to your child's school. The Education Mental Health Practitioners, who are part of the EST, are hoping to get to know you and your child over the coming weeks and months, offering support when needed and finding out your ideas about how we can all work together to support the emotional wellbeing and mental health of students at Walderslade Girls School.

Please find attached a leaflet which tells you about the Emotional Support Team. We will also have printed copies of this leaflet available in the Main Office and in our Pastoral Support area.

### ***How does my child access this support?***

For the types of support being offered by the EMHPs, it has been found that when young people request this support for themselves it is most effective. Therefore, we have a 'request for support' process whereby young people themselves complete a brief form and tick which type of support they would like to receive.

### ***Information sharing and consent***

Young people who take part in targeted group support or individual support will need to agree to their information being stored on the NHS electronic records system.

Wherever possible, we like to work with young people with the support of their parent/carer. On receiving a request for support from a young person we will ask for their consent to inform you about the support that will be offered. In some instances, young people may choose not to inform their parent/carer/school. If this occurs, we make a thorough assessment of the young person's ability to give their consent based on their understanding of the support being offered, the potential benefits and any potential risks. Where a young person is deemed capable of giving their consent then we uphold the young person's right to access confidential support, without the need for parental consent or knowledge. After giving consent, a young person can choose to withdraw this consent at any time.

Please be assured that if a young person were to share any information in a session that raised concerns about that individual's safety or the safety of someone else, then confidentiality would be broken, and necessary information would be shared.

If you would like to discuss any of the above information, please contact the school's Senior Mental Health Lead, Ms Neave (lneave@sflt.org.uk).

We hope that this information is helpful to you. We are very much looking forward to working with Walderslade Girls' School.

Yours sincerely,

Alix Walters & Emily Thompson

A handwritten signature in black ink, appearing to read 'A. Walters', written over a light grey rectangular background.

Medway Emotional Support Team

A handwritten signature in black ink, appearing to read 'd. Neave', written in a cursive style.

Senior Mental Health Lead