

WHY ARE WE DOING THIS?

CAMHS recognises that now, more than ever, the mental health needs of our young people are at their most vital, with many young people struggling with mental health issues post-Covid. We are also acutely aware of the importance of staff wellbeing at this current time. The Mental Health Forum will openly explore these issues by employing a Whole School Approach to supporting mental health. Topics will vary from week to week at the request of the group and in response to emerging themes and observations that teaching staff experience.

The Mental Health Forum allows opportunities for all attendees to learn about the CAMHS offer, and the offers of other local services that might be best placed to meet the mental health needs of young people. The integrity and strength of the forum relies on the active participation of education professionals. It is hoped that through participation and collaboration, education professionals will feel empowered to support one another to build knowledge, skills and expertise.

Winchester, Test Valley and the New Forest:

Secondary schools | 3.30-5 pm:

Wednesday 18 October 2023
Wednesday 29 November 2023
Wednesday 7 February 2024
Wednesday 28 February 2024
Wednesday 15 May 2024
Wednesday 17 July 2024

Fareham, Gosport and Havant:

Havant primary schools | 10 am-12 pm:

Thursday 28 September 2023
Thursday 23 November 2023
Thursday 18 January 2024
Thursday 21 March 2024
Thursday 16 May 2024
Thursday 20 June 2024

Fareham and Gosport primary schools | 1-3 pm:

Friday 29 September 2023
Friday 24 November 2023
Friday 26 January 2024
Friday 22 March 2024
Friday 17 May 2024
Friday 28 June 2024

Secondary schools | 3.30-5 pm:

Thursday 28 September 2023
Thursday 23 November 2023
Thursday 18 January 2024
Thursday 21 March 2024
Thursday 16 May 2024
Thursday 20 June 2024



**MENTAL HEALTH
SUPPORT TEAM**

CAMHS MENTAL HEALTH FORUMS

NHS
Hampshire Child and Adolescent
Mental Health Services

The poster features a blue background with a dark grey diagonal shape at the top. The text 'MENTAL HEALTH SUPPORT TEAM' is in white, bold, sans-serif font. Below it, 'CAMHS MENTAL HEALTH FORUMS' is written in a larger, white, bold, sans-serif font. At the bottom, there is an illustration of three young men in school uniforms (dark suits, white shirts, and striped ties) walking on a green grassy area. The man on the left has dark hair and a red backpack, the middle one has red hair and a white bag, and the one on the right has blonde hair and a yellow backpack. The NHS logo and the text 'Hampshire Child and Adolescent Mental Health Services' are in the bottom right corner.

WHAT ARE THEY?

The Mental Health Forum offers a unique opportunity for education professionals to come together to collaboratively explore mental health best practice. Facilitated by CAMHS clinicians, the half-termly forums provide a safe space for confidential case discussions to be held within school settings.

The Mental Health Forum is attended by at least one CAMHS clinician. Our clinicians come from a range of backgrounds, including but not limited to: Psychology, Therapy, Social Work, Nursing and Special Educational Needs. We are also excited to announce a new partnership with local Educational Psychologists, who will undoubtedly further strengthen the usefulness of the forums. School nurses are invited to join the forum space to contribute their vast knowledge and experience. It is at the discretion of schools who they may choose to attend but previous participants have included LSAs, members of pastoral support team, heads of year, SENCOs and mental health leads.

HOW TO GET INVOLVED

For an invitation to your local area's next Mental Health Forum, please contact:

Aldershot, Basingstoke and Deane,
Hart, and Rushmore:

CHYPShantsEarlyHelp-North@spft.nhs.uk

Winchester, Test Valley and the New Forest:

CHYPShantsEarlyHelpWest@spft.nhs.uk

Fareham, Gosport and Havant:

Spnt.Mhst.EarlyHelpSE@nhs.net

FORUM DATES

(PLEASE NOTE TIMES MAY BE SUBJECT TO CHANGE)

Aldershot, Basingstoke and Deane, Hart, and Rushmore:

Primary/infant schools | 3-4.30 pm:

Tuesday 10 October 2023

Tuesday 5 December 2023

Tuesday 23 January 2024

Tuesday 12 March 2024

Tuesday 14 May 2024

Tuesday 25 June 2024

Secondary/Colleges | 3-4.30 pm:

Wednesday 11 October 2023

Wednesday 6 December 2023

Wednesday 24 January 2024

Wednesday 13 March 2024

Wednesday 15 May 2024

Wednesday 26 June 2024

Winchester, Test Valley and the New Forest:

Primary schools | 3.30-5 pm:

Wednesday 11 October 2023

Wednesday 22 November 2023

Wednesday 31 January 2024

Wednesday 21 February 2024

Wednesday 22 May 2024

Wednesday 10 July 2024

P.T.O

