

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.

FORUM DATES

(PLEASE NOTE TIMES MAY BE SUBJECT TO CHANGE)

West Hampshire: Winchester, Test Valley and the New Forest:

Primary schools | 3:30pm - 5pm

Wednesday, 16 October 2025

Tuesday, 25 November 2025

Secondary schools | 3:30pm - 5pm

Tuesday, 21 October 2025

Thursday, 4 December 2025

South-East Hampshire - Fareham, Gosport and Havant:

Primary schools | 3:30pm - 4:45pm

Monday, 29 September 2025

Secondary schools | 3:30pm - 4:45pm

Monday, 6 October 2025



MENTAL HEALTH SUPPORT TEAM

CAMHS MENTAL HEALTH FORUMS



Hampshire Child and Adolescent
Mental Health Services

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@
southernhealth.nhs.uk**

Winchester, Test Valley and the New Forest:

**CHYPShantsEarlyHelpWest@
southernhealth.nhs.uk**

Fareham, Gosport and Havant:

MHST.EarlyHelpSE@southernhealth.nhs.uk

Special School MH forum :

SpecialistMHST@southernhealth.nhs.uk



FORUM DATES

(PLEASE NOTE TIMES MAY BE SUBJECT TO CHANGE)

North Hampshire: Aldershot, Basingstoke and Deane, Hart, and Rushmore:



Primary/Infant schools | 3:30pm - 5pm

Thursday, 16 October 2025

Tuesday, 9 December 2025

Secondary colleges | 3:30pm - 5pm

Thursday, 2 October 2025

Tuesday, 2 December 2025

Special School Forum - County-wide:

All special schools | 3:30pm - 4:45pm

Tuesday, 9 September 2025

Tuesday, 11 November 2025

**DATES FOR 2026
TO BE CONFIRMED**

