



# The College Mental Health Forum

## What Is the Mental Health Forum?

The Mental Health Forum is a collaborative space for education professionals to strengthen a Whole School and College Approach to supporting the mental health and wellbeing of children and young people. It brings together expertise from local services to help schools and colleges respond confidently to emerging mental health needs.

## Why We Run the Forum

The mental health needs of children and young people are more complex than ever, and the wellbeing of staff within education settings is equally important. The forum aims to:

- Build shared knowledge, skills, and confidence
- Offer practical strategies to support children and young people's mental health that can be implemented in education settings
- Connect settings with relevant local services and resources
- Provide a reflective space to discuss challenges and best practice

## Why your participation matters

The forum's strength relies on the active involvement of education professionals. Your participation:

- Ensures topics reflect real issues faced in schools
- Builds a supportive network across settings
- Encourages shared learning and collaboration
- Helps develop a united, informed approach to mental health support
- Empowers staff to take knowledge, strategies, and confidence back into their own setting

## What Happens in Each Session?

- Topics are chosen by the group or in response to emerging themes across education settings.
- A specialist speaker—such as a CAMHS clinician, Educational Psychologist, Public Health Nurse, voluntary agency—shares insight on a key mental health theme.
- Attendees have time to ask questions, reflect, and explore how learning can be applied within their setting.
- Sessions include space for discussion, shared problem-solving, and resource exchange.





### Who Facilitates the Forum?

The forum is chaired and facilitated by CAMHS MHST clinicians and Hampshire Educational Psychologists, with contributions from a wide range of professionals who support education settings.

### How do I attend?

If you work within an education setting relevant to this forum and feel you may benefit from this forum, we would encourage you to attend.

This upcoming dates, topics and links to sign up can be found below. We look forward to seeing you at the next forum.

Date and Time	Topic	Link
Monday 22 <sup>nd</sup> June, 2026, 3pm-4:30pm	Resilience Ball training, with Education Psychologist Nikki Samos. During the webinar, there will be an opportunity to discuss and request future topics that could be covered.	<a href="https://events.teams.microsoft.com/event/ffeddf0d-a99b-4a8c-b725-b6be926ff48f@37c354b2-85b0-47f5-b222-07b48d774ee3">https://events.teams.microsoft.com/event/ffeddf0d-a99b-4a8c-b725-b6be926ff48f@37c354b2-85b0-47f5-b222-07b48d774ee3</a>

If you have any questions, please contact Amie or Mel. A, at the Mental Health Support Teams on: [Hiowh.camhsmhst-west@nhs.net](mailto:Hiowh.camhsmhst-west@nhs.net); [hiowh.camhsmhst-southeast@nhs.net](mailto:hiowh.camhsmhst-southeast@nhs.net) (please note a specialist email address will follow)

