



SHARE

SCHOOLS HEALTH AND RESILIENCE EDUCATION

**Improving the Mental Health and
Emotional Well-being
of Young People across Somerset.**





Using a whole-school approach SHARE will involve everyone in schools* – teaching professionals, young people and parents, volunteers and support staff and provide them with the tools and resources to help recognise, manage and sustain good mental health and emotional well-being.

We Offer:

Individualised support packages for each school.

Emotion Coaching training for all staff.

Promoting parent forums and drop-ins.

Enabling student participation groups.

Resources and tools to support mental health.

Facilitating access to specialist services and effective signposting.

The Benefits:

Improved staff and pupil well-being.

Reducing the stigma surrounding mental health.

A better understanding of emotions, feelings and behaviours.

Barriers to learning reduced and improved outcomes for young people.

Promoting relationships between staff, parents and young people.

Creating a healthier and more resilient environment.

Schools Health and Resilience Education (SHARE)

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<http://www.sompar.nhs.uk/what-we-do/children-and-young-people>



Find us on Twitter @SomparShare

*Secondary Schools and other 11-18 Education providers