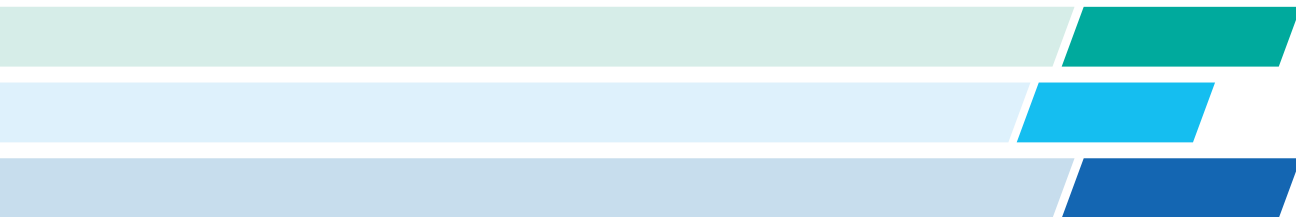


‘Support for children and young people’s mental health and wellbeing’

**Southend SEND Information Day 16th June
2026**



South East Essex

Around 119,000 residents are aged 0-24

The number of people over 65 is increasing faster than the national average.

Costal and retirement communities have a particular high proportion of residents

Some neighbourhoods have large populations of children and families

South East Essex health and care services support people living in the areas of Castle Point, Rochford and Southend on Sea.

Health and care partners across the area of work together to improve health outcomes, reduce inequalities and ensure residents can access joined-up services closer to home.

South East Essex is home to approximately 337,000 residents and is one of the fastest ageing areas in Essex.

The ICB Babies, Children and Young People team supports an expansive and ambitious portfolio across Essex. Beyond the footprint delivery, we work in partnership with neighbouring ICB's to collectively realise consistent and high-quality outcomes for the population.

A key focus of our roles is to champion the rights of children and young people and deliver equity in prioritising the needs identified at a young age. There is significant work to do, to guarantee that those needs are addressed and where possible met to ensure a healthy adulthood.

All-age approaches to service improvement initiatives should be considered with caution. Variation in service offer and any associated clinical, and non-clinical risks are often only measured in the short term and statutory services miss critical opportunities to mitigate permanent adverse impact on life outcomes.

The portfolio of services includes Mental Health, Community and Acute physical health, Urgent & Emergency Care, Long-Term conditions, Neurodiversity, Specialised Commissioning and SEND.

We are committed to the design and delivery of Children's services that focus on health promotion, improved access, early intervention, transition to adulthood and delivering services that are accessible and as close to home as possible.

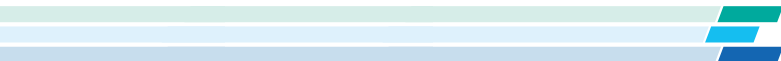


R ready

O organised

A ambitious

R relentless



What Essex ICB wants to achieve

Start Well

Gives babies, children and young people the best start in life through prevention, early help and joined-up support

Live Well

Helps people stay well and manage long-term conditions by improving access to local services, screening and prevention

Feel Well

Improves mental health and emotional wellbeing by making it easier to access community support when it is needed

Age Well

Supports older people to remain active and independent through stronger community care and better support for frailty

Die Well

Provides compassionate end-of-life care, with personalised plans and support to die in a preferred place where possible

Respond Well

Makes sure people can access the right care, at the right time, in the right place, including urgent and emergency support



Start Well

Gives babies, children and young people the best start in life through prevention, early help and joined- up support

Neurodiversity

- SET Therapies Workstream
- Neurodiversity pathways

Community Services

- My Care Bridge
- Initial Health Assessments
- Cow's Milk Protein Allergy

SEND

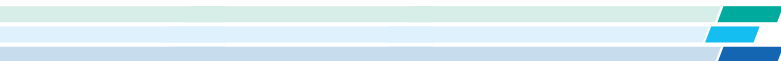
- Pre and post diagnostic support
- Joint commissioning areas of focus

Long-Term Conditions

- Childhood Asthma Programme
- Epilepsy Programme
- Diabetes Programme

Acute Services

- Elective Care Recovery programme
- PEWs implementation
- Youth Workers in A&E



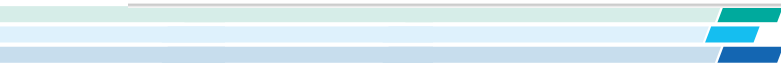
Feel Well

Improves mental health and emotional wellbeing by making it easier to access community support when it is needed

Integrated, person centred and needs led approach to delivering mental health services for children, young people and their families

It conceptualises need in five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support. Emphasis is placed on prevention and also the promotion of mental health and wellbeing across the whole population.





Showcase

- Southend 0-19 Service
- Mental Health Support Teams
- Children & Young People Counselling Service
- Special Need & Parents (SNAP)

Q&A's available after each presentation



School Nursing Service



Southend Children, Young People and Family Public Health Service (SCYP & FPHS)

Alice Bannon – School Nursing Team Lead

Text a school nurse directly to talk about health or emotional wellbeing:

IF YOU'RE 11-19 YEARS OLD TEXT

07520 649895

PARENT OF 5-19 YEARS OLD TEXT

07507 331884

Young People scan this QR Code to find support



Parents scan this QR Code to find support



Where and what we cover

x 33 Mainstream
primary schools

x 15 Secondary
schools

x 4 Private schools

EHE cohort of CYP
aged 5-19

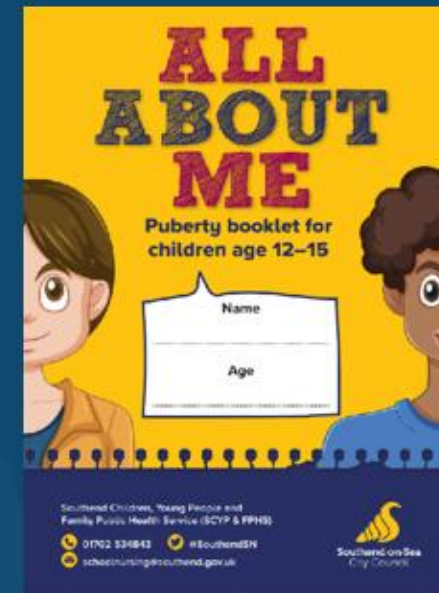
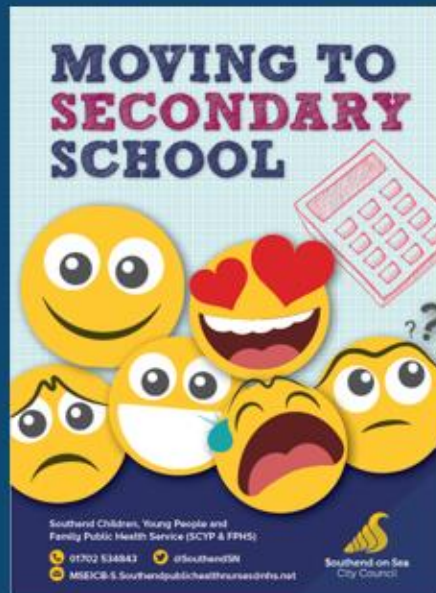
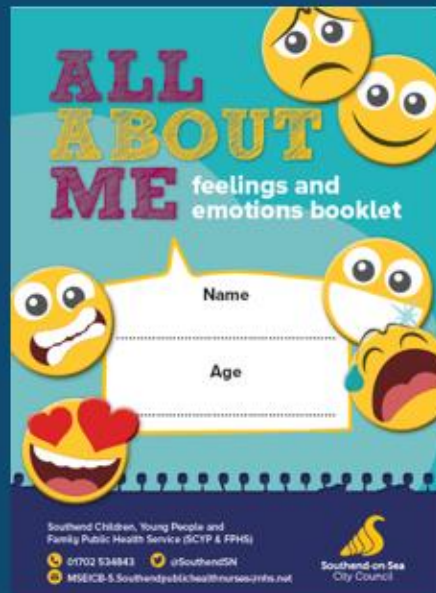
x 3 colleges

School aged
population OHID
Child Health Profile
2023 = 31,300

SystemOne School
aged population
38,850

The School Nursing Offer

- School Nursing tools designed by our service with evidence-based information and supported by partner agencies
- All interventions aim to put the child at the center and are adapted based on individual needs or CYP are signposted to more appropriate services in partnership with parents / carers



Interventions recognised by SAPHNA as excellent pieces of innovation and best practice

Primary aged School Nursing Emotional well-being offer aged 5-11

ALL ABOUT ME

feelings and emotions booklet for children aged 4-6

Name _____

Age _____

Southend Children, Young People and Family Public Health Service (SCYP & FPHS)

01702 534843 @SouthendSN MSEICB-S.Southendpublichealthnurses@nhs.net

Southend-on-Sea City Council

ALL ABOUT ME

feelings and emotions booklet

Name _____

Age _____

Southend Children, Young People and Family Public Health Service (SCYP & FPHS)

01702 534843 @SouthendSN MSEICB-S.Southendpublichealthnurses@nhs.net

Southend-on-Sea City Council

MOVING TO SECONDARY SCHOOL

Southend Children, Young People and Family Public Health Service (SCYP & FPHS)

01702 534843 @SouthendSN MSEICB-S.Southendpublichealthnurses@nhs.net

Southend-on-Sea City Council

ALL ABOUT ME

Puberty booklet for children age 12-15

Name _____

Age _____

Southend Children, Young People and Family Public Health Service (SCYP & FPHS)

01702 534843 @SouthendSN schoolnursing@southend.gov.uk

Southend-on-Sea City Council

Text a school nurse directly to talk about health or emotional wellbeing:

IF YOU'RE 11-19 YEARS OLD TEXT 07520 649895

PARENT OF 5-19 YEARS OLD TEXT 07507 331884

Young People scan this QR Code to find support

Parents scan this QR Code to find support

ChatHealth NHS Southend-on-Sea City Council

SECONDARY AGED SCHOOL NURSING EMOTIONAL WELL-BEING OFFER AGED 12-19

3 brief interventions

Session
1

Session
2

Session
3

Text a school nurse directly to talk about health or emotional wellbeing:

IF YOU'RE 11-19 YEARS OLD TEXT
07520 649895

PARENT OF 5-19 YEARS OLD TEXT
07507 331884

Young People scan this QR Code to find support

Parents scan this QR Code to find support

ChatHealth NHS Southend-on-Sea City Council

OTHER SUPPORT OFFERED

National Childhood Measurement Programme

Year 6 Transition sessions

Chat Health Text messaging service for parents & carers 5-19 and CYP 11-19

Anaphylaxis e-learning session. Register here:

<https://app.melearning.co.uk/auth/validate-key?registerKey=GYDXZWTP>

Parent & Carer community drop in clinics

1:1 appointments with CYP

MHST in SOUTHEND

Supporting Prevention, Early Intervention and Better Outcomes for Children and Young People

Presentation The Southend SEND Information Day
Tuesday 16th June 2026

Essex Mental Health Support Team



Marie Henderson Locality Clinical Lead SE MHST



Who are we?

The Mental Health Support Team (MHST) works across education and healthcare to help promote good emotional wellbeing for children and young people. The team work alongside schools and colleges to help develop and implement effective mental health support for pupils and their families.



MHST Southend

We have a workforce of 16 staff in the Southend team consisting of Senior clinicians, Senior Wellbeing Practitioners, Educational Mental Health Practitioners and trainee EMHPs.

- EMHPs and SWPs hold postgraduate diplomas in delivering CBT-informed psychological interventions, while senior clinicians are accredited therapists or experienced registered clinicians.

We cover ; 9 secondary schools, 1 college and 9 primary schools



MHST Vision and Scope in Southend

Our Vision

To improve the emotional wellbeing and mental health of children and young people through accessible, evidence-based early intervention delivered within education settings.

Our aim is to:

- Support children and young people at the earliest opportunity
- Promote resilience and emotional wellbeing
- Prevent escalation of need
- Improve access to mental health support
- Work collaboratively with schools, families and partner agencies



MHST's Role Within the System

- Promote wellbeing → Identify need early → Provide targeted support → Facilitate access to specialist services when required



How MHST Contributes to Local and National Priorities

Strategic Priority

Brighter Futures Plan



NHS 10-Year Plan



NELFT Strategy



Children's Mental Health Agenda



MHST Contribution

Early intervention, emotional wellbeing and partnership working

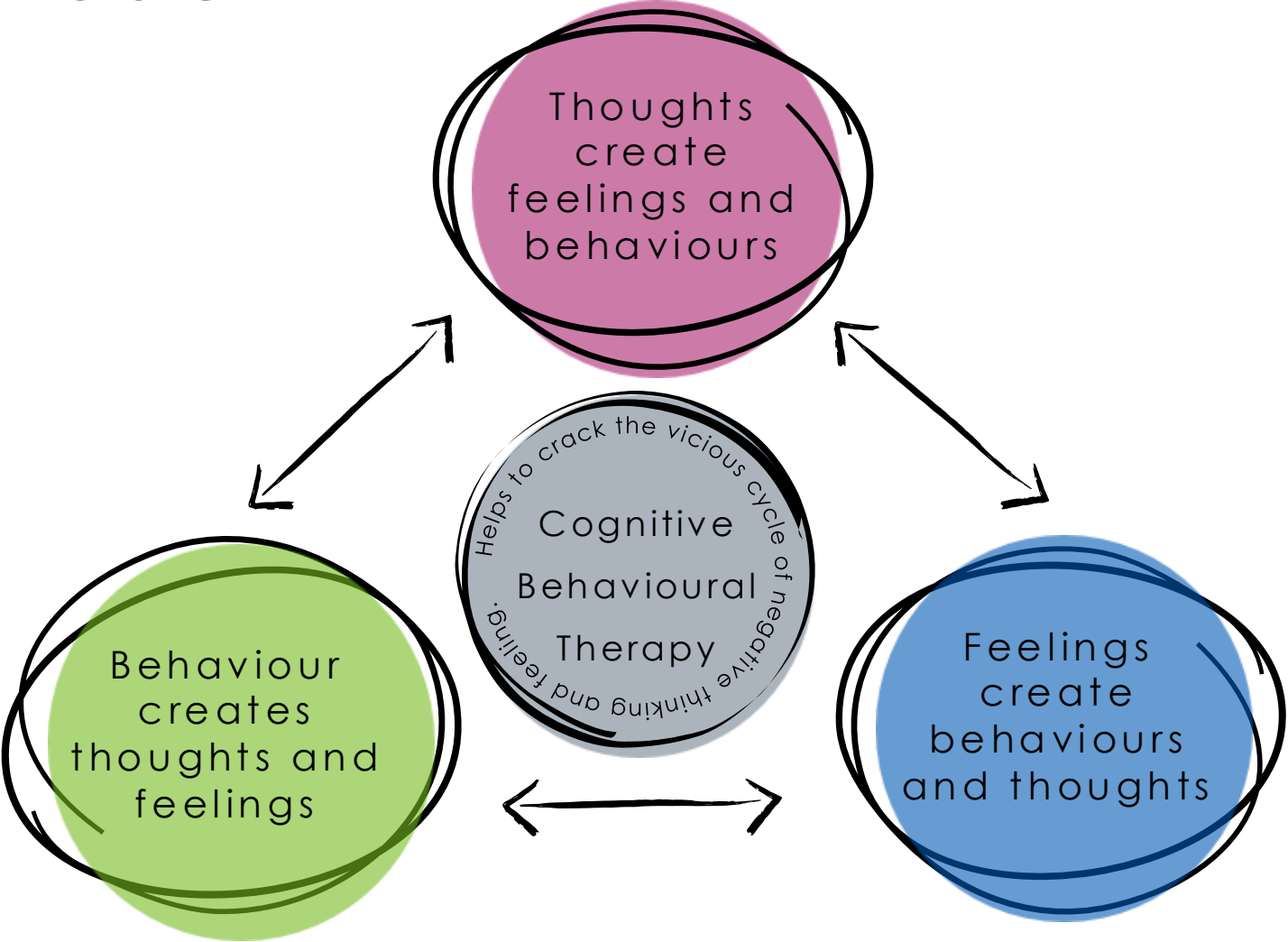
Prevention, neighbourhood-based support and community delivery

Improving population health, reducing inequalities and integrated care

Timely access to support and whole-school approaches



The Cognitive Behavioural (CBT) Model



What we can help with :Primary Schools

Parent Guided Intervention 1:1 & Group

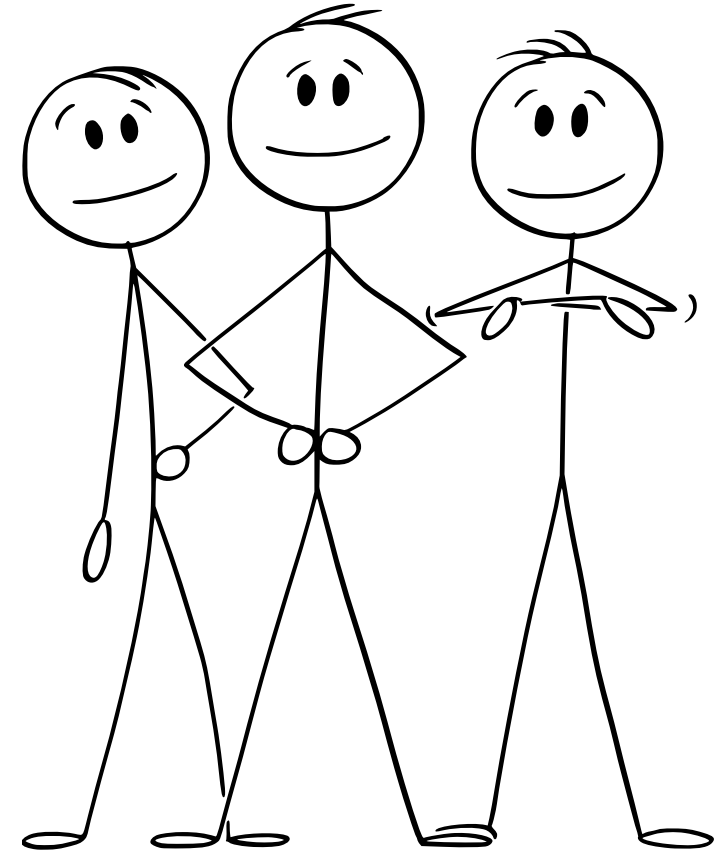
- Anxiety
- Behavioural difficulties

Targeted Group Work

- Self-esteem/confidence
- Transition to secondary school

Whole School Approach

- My Feelings , My Emotions
- Brain Buddies
- Moving Up to Secondary School



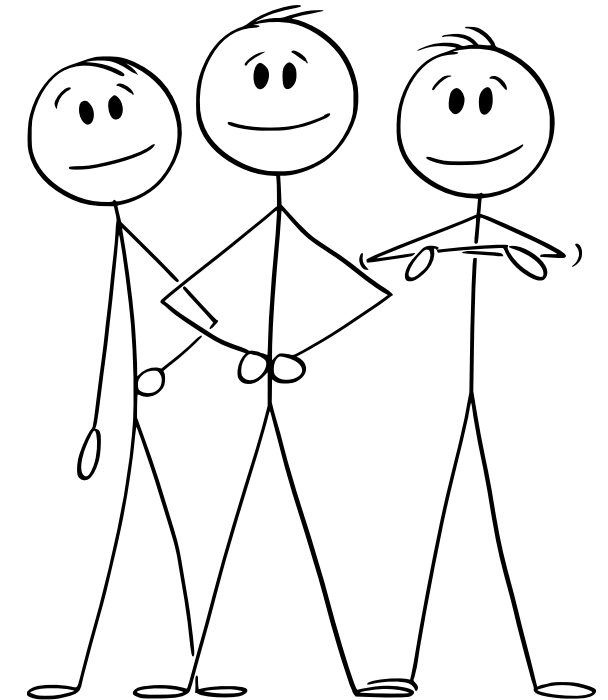
What we can help with : Secondary Schools & College

1:1 & Group

- Managing Anxiety
- Low mood
- Self Esteem & Confidence Building
- Mind & Mood (anxiety & low mood)

Whole School Approach

- Sleep hygiene
- Exam Stress
- 5 Ways to Wellbeing
- Emotional Regulation



How can the MHST support you?



[Mental Health Support Team \(MHST\): Secondary Schools: How the MHST can support you. - YouTube](#)



Request for Support

Referral form is completed by/with the young person and signed by them. Parental consent is required.

School adds any important additional information to the form.

The more information given on this form, the easier it is for the MHST to triage efficiently.

The school MH lead sends referral to MHST via email: MHST.Referrals@nelft.nhs.uk. The referrer will receive an email confirmation that the referral has been added to the triage list.



Workforce Model: School-Linked and Community-Focused

School-Centred Delivery Model

- Our workforce is embedded within education settings, enabling us to:
- Build strong relationships with schools
- Understand local community needs
- Identify concerns early
- Deliver support where children and young people are.

• Benefits of the Model

- ✓ Accessible support within familiar environments
- ✓ Strong partnerships with school staff
- ✓ Responsive to local needs and priorities
- ✓ Supports prevention and early intervention
- ✓ Aligns with neighbourhood and community-based working



Prevention, Early Intervention and System Integration

Health Partners

- Regular liaison with CAMHS
- Regular liaison with School Nursing

Children and Family Services

- Engagement with Children's Social Care
- Links with Supporting Families and Family Hubs
- Participation in multi-agency meetings – Southend CYP Mental Health Network

Community Partnerships

- Southend United Football Club
- Creative Break Arts Group supporting teaching staff

Community Engagement

- Participation in local events and wellbeing initiatives
- Youth Fest
- SEND Surgeries



Feedback from Parents and Young People

The practitioner showed interests in me as well as my issues , it was nice to be heard and have someone to listen

You have helped her tremendously and she seems in a happier place. She now has techniques she can use at home and hopefully in time will be more confident

It taught me how to manage my meltdowns and intrusive thoughts in a very positive way.

I feel empowered to support my child in a more positive way



Next steps and how we can work together...

Strengthening Our Partnership

Shared Understanding of Need

- Aligning MHST intelligence with Public Health data
- Identifying emerging trends and inequalities
- Using population insights to inform service delivery

Prevention and Early Intervention

- Supporting emotional wellbeing across school communities
- Exploring opportunities for joint initiatives
- Promoting resilience and mental health awareness

Community and System Working

- Strengthening links with Family Hubs and Healthy Families
- Enhancing pathways across services
- Supporting joined-up approaches for children and families

Evaluation and Impact

- Sharing learning and outcomes
- Understanding what is working well
- Demonstrating impact across the wider system



Questions and Feedback



Follow our socials:
[@EssexMHST_and_SETcamhs](#)



Children & Young People Counselling Service

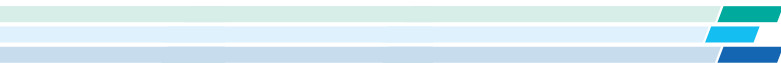


The Mid and South Essex Children and Young People Counselling Service, began on 1 April 2025. The service is led by Kids Inspire and delivered in partnership with Renew Counselling and Open Door.

Children and young people aged 5-18 years, (or up to 25 years for children and young people with Special Education Needs & Disabilities), experiencing low mood, stress, anxiety, emotional difficulties or who have experienced trauma, will benefit from easy access to local support.

After an initial assessment, each young person will be offered a treatment plan of evidence-based support such as one-to-one counselling sessions, creative therapies, or emotional resilience support. Family members are often offered support too, to help strengthen relationships and maintain long-term progress.

Providing children and young people with therapeutic support helps them tackle the challenges affecting their mental health. We know early access is crucial - it builds confidence, self-esteem, and resilience, providing them with coping strategies that support lifelong wellbeing. It can reduce risky behaviours, improve school engagement, and set them up for a healthier future, one in which they can thrive.



Children & Young People Counselling Service



How to access the service

A mental health diagnosis is not required to access this service. Onward referral to other mental health services will be arranged based on an assessment of the children or young persons' needs.

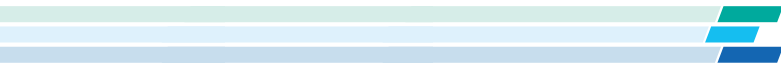
The service is suitable for any child or young person who feels they would benefit from support to manage their mental health, providing they are not already under the care of the Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service.

Self-referrals can be made by contacting the organisation for the area where the child or young person is registered with a GP.

Referrals can also be made by GP's, Health Care Professionals and other voluntary, community and social enterprise partner agencies.

Mid Essex, Southend, and Castle Point & Rochford: Kids Inspire

Email therapysupportservices@kidsinspire.org.uk Call 01245 348707



Children & Young People Counselling Service

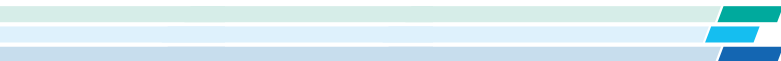


Emergency or in crisis?

Please note that Kids Inspire is not a crisis or emergency service. If you or your child is at immediate risk, please contact the crisis service related to your concern:

- Call 999
- Your GP or your nearest A&E
- Childline: 0800 1111
- Samaritans: 116 123

You can find out more about Kids Inspire by visiting our website: www.kidsinspire.org.uk



Service User Guide for Children



Hello you

Here are some questions and answers about us at Kids Inspire.



What?

We use art, play, drama, music, or movement to help in a fun way. Sometimes we will include your family too.

How?

Having fun with art, play, drama, or music helps us to find out about you. And we will see you every week until you are ready to say goodbye. The time we have together will help you even after we say goodbye.



Where?

If we meet you in school, your teacher will find us a quiet room. If we meet you at the Kids Inspire building, we will find a quiet room there too. Or we can meet you on your computer.

Who?

We are Kids Inspire, a children's charity. We help children, young people, and their families. Someone you know asked us to meet, listen to and help you.

Why?

Something in your life has changed. Maybe the change is school, or family or it could be all around you. The change has made life different for you, and maybe for your family too. We would like to know about the change so that we help you and your family to feel better.

Yes, no, maybe and goodbye

Can I tell Kids Inspire anything?

Yes, anything you want to tell us you can.

Do I have to do art or drama?

No, you can choose on the day if you want to do it.

Will my parent / carer know about me meeting you?

Yes, we must speak to your parent / carer first, before we can talk to you.

Will my parent / carer be with me?

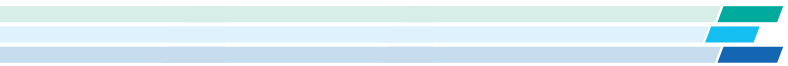
Maybe, it all depends on what is best for you.

When will we say goodbye?

We will say goodbye once we have helped you to feel better.



Thank you for taking the time to read this guide about Kids Inspire.





Partnering with Parents

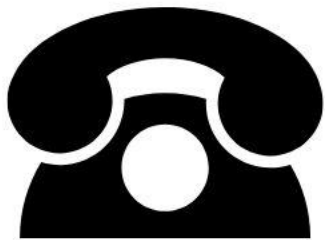
SNAP supports families across Essex who have a child with any additional need or disability. For more than 30 years we have partnered with parents to provide compassion, guidance, and hope for the whole family.

Our mission is to stand alongside families, offering steadfast support and tailored resources. Crucially no diagnosis or professional referral is needed to access our services.

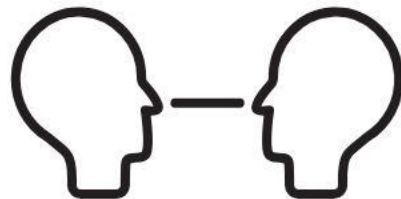




Parent Advice and Support



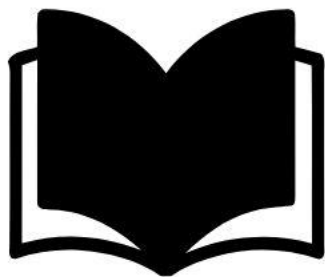
Helpline
(Email and phone)



Face-to-face
support



Specialist
talks



Specialist
library



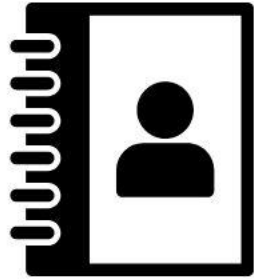
counselling



Education
advice
sessions



Parent Advice and Support



online
directory



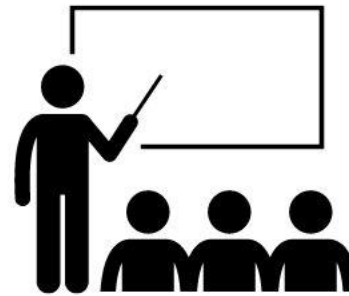
Information
network



Parent
Choir



Benefits
advice



Training
courses



GP referral
& support



Social club



Drama



Sibling support



Music therapy



SNAPtastic



Parent & pre-school



Counselling



Choir



Disco



Holiday sessions



Individual sessions



Virtual sessions

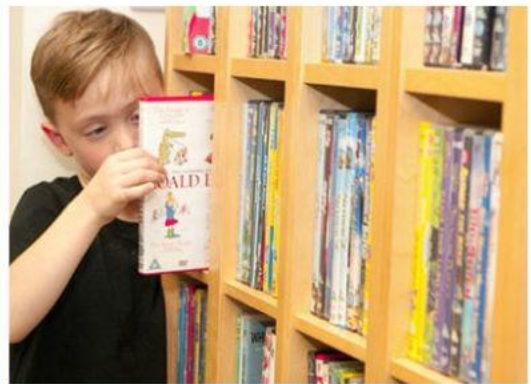
Activities



Specialist IT Suite



Multi-Sensory Room



Specialist library

our facilities

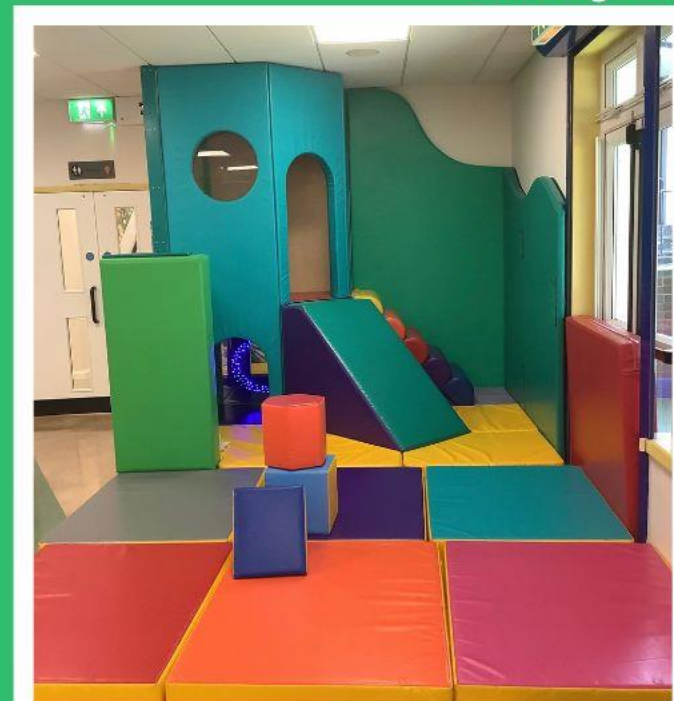
Sensory wonderwall



Terrace



Activity Hall





In 2025 SNAP supported...





Registered Charity No. 1077787



FIND OUT MORE AT

www.snapcharity.org



Snapcharity



snap_charity

Helpline Telephone:
01277 211300

Helpline Email:
familyteam@snapcharity.org

Thank you

For more information, please contact
[contact details here]

**Please share your
feedback with us**

SEND Information Day:
Information talk

<https://forms.office.com/e/BLwudD1FUb>

Scan the QR code to
provide your feedback.

