

Somerset Partnership



NHS Foundation Trust



Improving the mental health and emotional
well-being of young people



Somerset
Partnership



Using a whole-school approach empowering professionals, parents and young people to promote good mental health and wellbeing across schools in Somerset.

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 wellbeing.
- 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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