

No matter why or how you access Rise we want you to receive the right support at the right time.

A journey with Rise is as unique as the person seeking support. So the support each person receives may be different.

**Support you may receive from the *Mental Health in School Teams:***



**As an individual: 6 support sessions**



**As a class: group sessions**



**Outside of direct support: We will work closely with those you spend most time with, such as your teachers and family.**

**Other sources of help:**

[cwrise.com](http://cwrise.com) [cwmind.org.uk](http://cwmind.org.uk) [healthforteens.co.uk](http://healthforteens.co.uk)

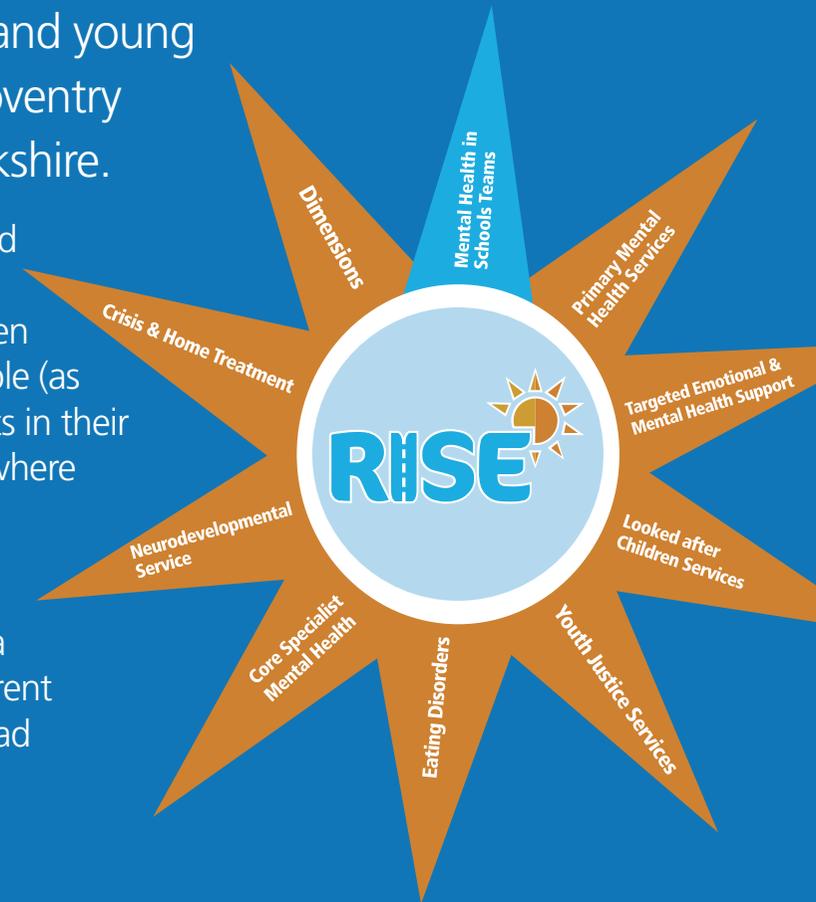
**ChatHealth** Warwickshire Text: 07507 331949  
Coventry Text: 07507 331 949

# Mental Health in School Teams

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Rise aims to build resilience and empower children and young people (as well as the adults in their lives) to know where to go for help and advice.

It's made up of a number of different services, each lead by a mental health specialist.



# What is a *Mental Health in School Teams*?

These are trained teams of Educational Mental Health Practitioners who work in schools to support children and young people experiencing mild mental health difficulties.

## How can *Mental Health in School Teams* help children and young people?

- ☀️ We work with schools to help deliver a 'whole school approach' to support positive emotional wellbeing and mental health
- ☀️ We show you ways to take care of your own mental health using Cognitive Behaviour Therapy (CBT), which is proven to be successful.



## *Mental Health in School Team Journeys*

