

Lancashire Emotional Health in Schools and Colleges

Supporting Recovery and Transition Back to School

Lancashire Emotional Health in Schools and Colleges is commissioned by Lancashire County Council to provide free training and support for school and college staff on a range of topics relating to children's mental health.

We are a small team of clinical psychologists based at Lancaster University.

Our work aims to help staff improve their knowledge and confidence of mental health issues, and to help them better support the emotional and mental wellbeing of children and young people.



Funded by:



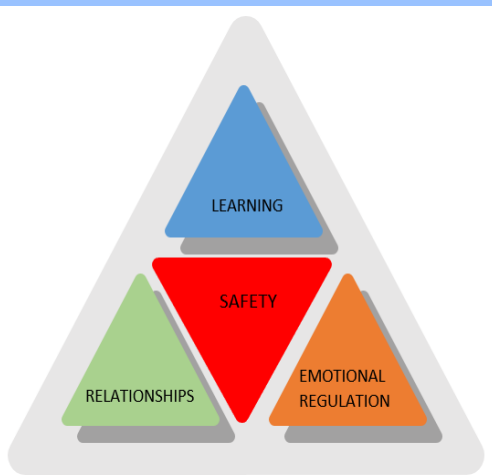
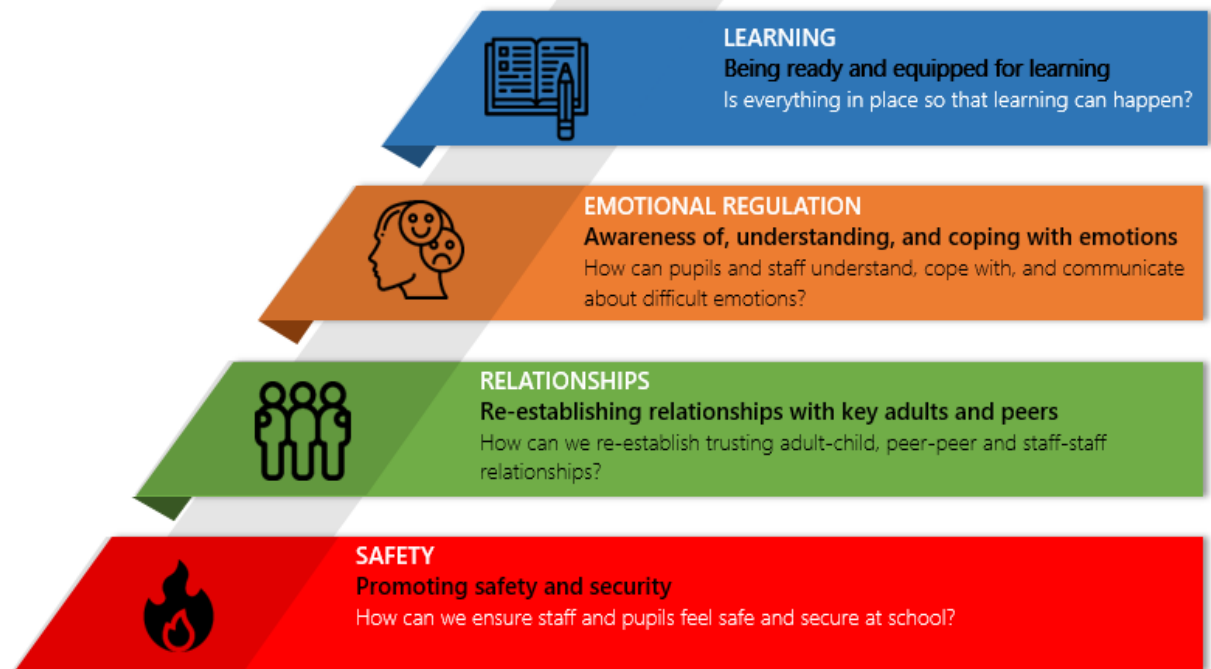
In preparing for the reopening of schools and colleges, supporting staff and pupil well-being is a priority in terms of how to enable effective teaching and learning to take place. Our online training and support for staff are offered as a way to equip schools and colleges to better understand well-being needs and develop recovery plans.

A Psychologically-informed Transition and Recovery Model

We propose a four stage model for recovery based on :

SAFETY
RELATIONSHIPS
REGULATING
EMOTIONS LEARNING

You can find more information on the model, how to implement it, and how our training supports using the model [here](https://sway.office.com/PpBqPWUuckrZHYII?ref=Link):
<https://sway.office.com/PpBqPWUuckrZHYII?ref=Link>



Training sessions

We provide free training online for all school and college staff in Lancashire.

These are available as a series of e-learning modules.

If you work in a Lancashire school or college, you can find more information and sign up here:

<https://sway.office.com/iZekGYePOdARLEGF?ref=Link>

Online drop-in discussion groups

These are open to school and college staff who access our training, either face-to-face in the past or currently online.

Sessions will take place each week to give staff the opportunity to talk to LEHSC staff and people from other schools about our training and how this can inform your recovery and transition planning.