

Wolverhampton Education Wellbeing Network Bulletin (September 2024)



We hope you had a well-deserved summer break and had time to rest, play and focus on your wellbeing and that the new term has started smoothly.

Dates for your diary- upcoming Wellbeing Network Meetings

Please see below the upcoming dates for the Wellbeing Network Meetings (all 1-3.30pm):

- Thursday 3rd October 2024 - Fordhouses Cricket Club
- Thursday 5th December 2024 - Khalsa Academy
- Thursday 6th February 2025 - venue TBC
- Thursday 3rd April 2025 - venue TBC
- Thursday 22nd May 2025 - venue TBC
- Thursday 3rd July 2025 - venue TBC



Upcoming free Trauma Informed Practice Training

Please see below upcoming training dates organised by Wolverhampton Safeguarding Together. To book a place please use the links below.

- Trauma informed practice:
[23rd September 2024 | 9am - 1:30pm](#)
- Working with Trauma in Early Years:
[26th September 2024 | 10am - 11:30am](#)
[31st October 2024 | 10am - 11:30am](#)



Free emotionally based non- attendance workshops

We are running two free workshops this half term to support you to implement the EBSNA Pathway in your setting. One introducing the pathway and one focusing on the practicalities of developing and using Multi-element Support Plans.

Please book using the below links.

Introduction to the Wolverhampton EBSNA Pathway – 9th October 9.30am – 12pm (Pendeford Community Hub, WV9 5NJ)

<https://www.wves.wolverhampton.gov.uk/Event/246656>

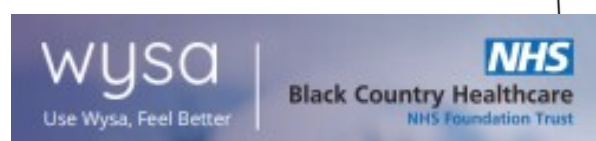
Writing and Reviewing Multi-element Support Plans as part of the EBSNA Pathway – 23rd October 9.30am – 12pm (Pendeford Community Hub, WV9 5NJ)

<https://www.wves.wolverhampton.gov.uk/Event/246726>

Wysa App

Early intervention to support young people with their mental health is vital. Wysa is a free App that can provide effective early intervention in a clinically safe way at times when young people need it most.

More information will be shared at the Wellbeing Network, along with your opportunity to ask questions and the following page gives information about how to download.





Wysa is an AI chatbot that has been commissioned by **Black Country NHS Foundation Trust** to give you a safe, non-judgmental space where you can talk about anything and everything that's bothering you. Let off steam and share your worries - Wysa is here to listen.

You'll get full access to all of Wysa's self-help tool packs, including 150+ exercises, with everything from mindfulness and meditation to therapy tools for anxiety and depression.



Private



Anonymous



Secure

"I've been able to fix my sleep schedule for school and I've been feeling more organised for the most part...I've been able to de-stress better with a better daily routine."

- Wysa user

To download Wysa Premium

Scan the QR code
from your phone



Or use the link:

<https://get.wysa.uk/hjplsM5LmBb>

If you are asked for a code, please enter:

BCWO2023

wysa

Mental health support for **every** young person.

Bringing early intervention and measurable prevention to young people's mental health.

The Issue with Traditional Support

82% of young people feel they are experiencing anxiety, stress, low self-worth, depression or sleep problems and **1 in 3 screen positive** for anxiety or depression on clinical tests, but **more than half (55%) are reluctant** to speak to a mental health professional. The main reason is **embarrassment**. Of those who do seek support, **35% say the support is not available** when they need it and **25%** say even though support is available, they **do not like talking about their problems**.

Stigma-free support as the first-step of care

Wysa **reduces the stigma and embarrassment** associated with mental health by removing the need to ask for help. It's **non-judgemental** and **available at any time of day or night** when traditional services can't be accessed.

Impact

Working with local authorities across England and Scotland, Wysa's mental health support is already available to every student at **100+ secondary schools** this year.



82%

of users return for **5+** sessions

92%

of adolescents find Wysa helpful

1000+

early intervention support sessions delivered at a single school within 4 weeks

"Wysa will be invaluable to the quieter students who don't speak up and ask for help when they need it."

- Staff Member, Forrester School