



Kent Community Health
NHS Foundation Trust

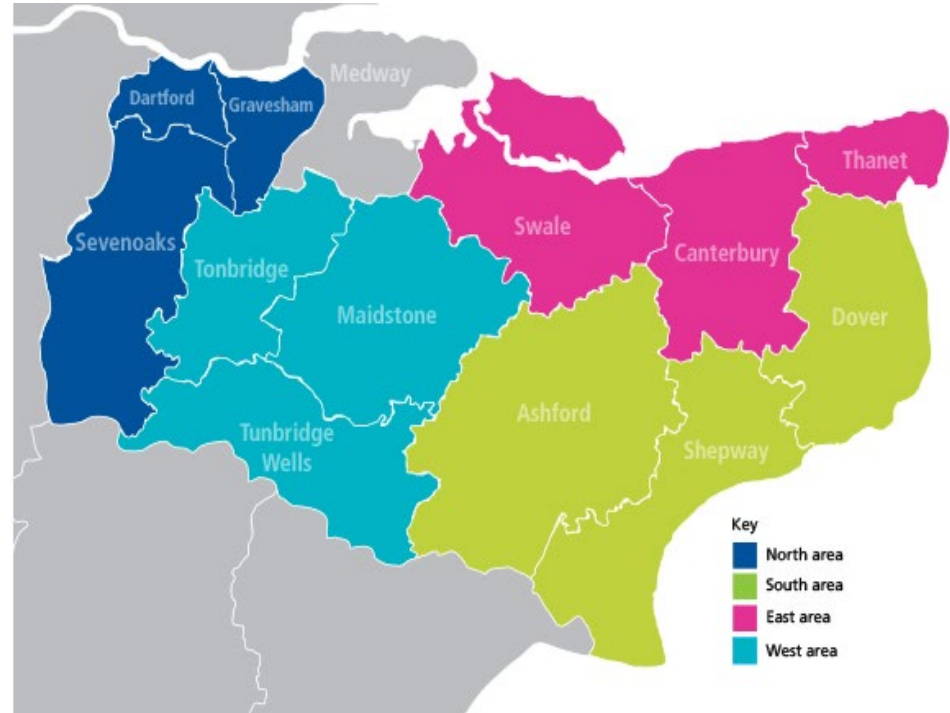
Kent School Health Service

Service overview for professionals



Objectives

- Who are we?
- Kent School Health Service offer
- Whole school approach work.



Kent school health

We support children and young people aged four to 19.

We are a team of school nurses and practitioners who work with children, young people and families in Kent.



Children and young people

- Special educational needs and disabilities (SEND)
- not in education
- home schooled
- hard to reach
- safeguarding, risk and protection.



Kent School Health Service

- General health
- Emotional wellbeing
- Children and young people's counselling

Secondary school age

Our school health team continues to support young people and their parents/carers throughout secondary school:

- Bullying
- bereavement
- healthy eating and lifestyle
- emotional health and wellbeing, including behaviour issues and anger management
- puberty and growing up
- sexual health and sexuality
- smoking
- drug and alcohol misuse
- sleep
- complex health needs.

Health and development reviews

From September:

- year 10
- year 12



ChatHealth



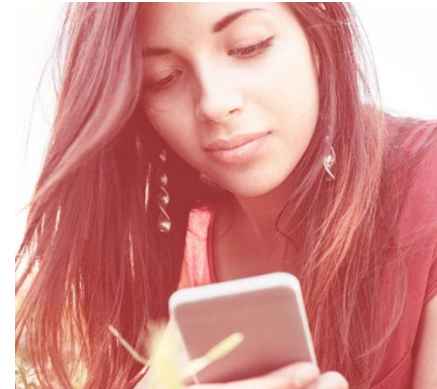
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Young People can text a school nurse to get confidential health advice.

ChatHealth is a text messaging service available
Mon-Fri 9am to 5pm

Promoted around schools and colleges
Snap Chat

The text number is **07520 618850** or go to
chathealth.nhs.uk to start a chat



Emotional wellbeing

- The School Nursing Team provides low level support for emotional health and wellbeing.
- An holistic assessment will be offered, followed by up to 6 sessions of support.
- This pathway is most suitable for young people who may be experiencing low level anxiety, difficulty in managing friendship problems, worried about transitional change such as moving from primary to secondary school or exam stress.

Children and young people's counselling

- The Children And Young Person's Counselling Service provides medium level support.
- Young people would be seen by a trained counsellor for up to six sessions.
- The service can also provide bereavement counselling.
- Once a referral is accepted to this service they will be seen within 12-weeks.

Calls to Kent school health: 0300 123 5205 and select option two

- We can talk through the general and emotional health concerns you may have for a child or young person.
- Our colleagues will listen and provide you with advice if a referral is appropriate and which key points of your concerns should be clearly documented in order for the referral being accepted.
- If a referral is not the best course of action right now, we will advise the family or young person on some simple support strategies to try first.

Whole school approach

- Relationships and sex education
- health information
- healthy lifestyles
- emotional health, wellbeing and resilience
- personal, social, health and economic education
- drug and alcohol education.



Other sources of support

For those aged 11 to 19 to access

- Kent youth health www.kentyouthhealth.nhs.uk
- Kooth www.kooth.com
- Moodspark www.moodspark.org.uk

For parental support and advice

- Kent resilience hub www.kentresiliencehub.org.uk
- Good mental health matters
www.goodmentalhealthmatters.com/forparents
- 0-19 PH website: [Home - Kent family \(kentcht.nhs.uk\)](http://kentcht.nhs.uk)

How to contact Kent school health

- Call: **0300 123 5205** and **select option two** to speak to a member of the Central Admin Team (CAT).
- On-line referral: www.kentcht.nhs.uk/forms/school-health-service-referral-form/
- 0-19 PH website: [Home - Kent family \(kentcht.nhs.uk\)](http://kentcht.nhs.uk)



Compassionate



Aspirational



Responsive



Excellent

 In everything we do, **we care** 