

School nurses

Reading

Emotional health

Service model

All schools in Reading are allocated a School Nurse (specialist practitioner) although the School Nurses focus mainly on secondary provisions. Staff Nurses support the School Nurses and will often carry out work in the primary schools, however the team triage every referral and will ensure that a practitioner with appropriate experience and qualification is allocated depending on the vulnerabilities and complexities of each case.

In Reading, School Nurses offer confidential weekly one to one appointments in all secondary schools and the Pupil Referral Unit and will also carry out home visits where necessary. Referrals are accepted directly from young people (a text service is available), parents/carers and any other agency/service (other agencies, including schools, are required to complete a referral form to ensure that we have consent from the parent/young person; we do not see any child for whom we do not have consent to see). However, parents and young people need only to make a call or speak to the school nursing service directly to request support using the telephone number and email advertised on the Berkshire Healthcare website and on all communications that we send out.

Every secondary school has an allocated weekly drop-in time where students can seek support from their School Nurse.

School Nurses work collaboratively with other agencies and Berkshire Healthcare services (such as therapy and mental health services) to advocate on behalf of our young people and support a holistic approach to improving their health and wellbeing.

Emotional health offer

Support regarding emotional health is offered by the school nursing team in one to one confidential appointments following a referral received regarding emotional health, or following identification of emotional health/mental health issues whilst carrying out a care package for other reasons.

Working at tier 1, practitioners can offer general advice and support for less severe problems and they contribute towards positive mental health promotion.

School Nurses are trained to deliver short care packages around common mental/emotional health problems such as self-harm, anxiety and low mood but will assess emotional health at every appointment and refer on to the Emotional Health Academy or other specialist service as necessary.

School Nurses will deliver some support for personal, social, health and economic (PHSE) sessions around emotional/mental health when specifically requested by the schools either in year groups, classes or small group work as appropriate.

In some secondary schools (by local agreement) school nurses attend and contribute to the mental health triage meetings held with teachers, primary mental health workers and educational psychologists.

School Nurses participate in multi-disciplinary rapid responses to significant events in schools.

How to contact us

If you need to contact us or require further information...

Phone: **0118 955 6888**

Email: csnreading@berkshire.nhs.uk



<https://cypf.berkshirehealthcare.nhs.uk>