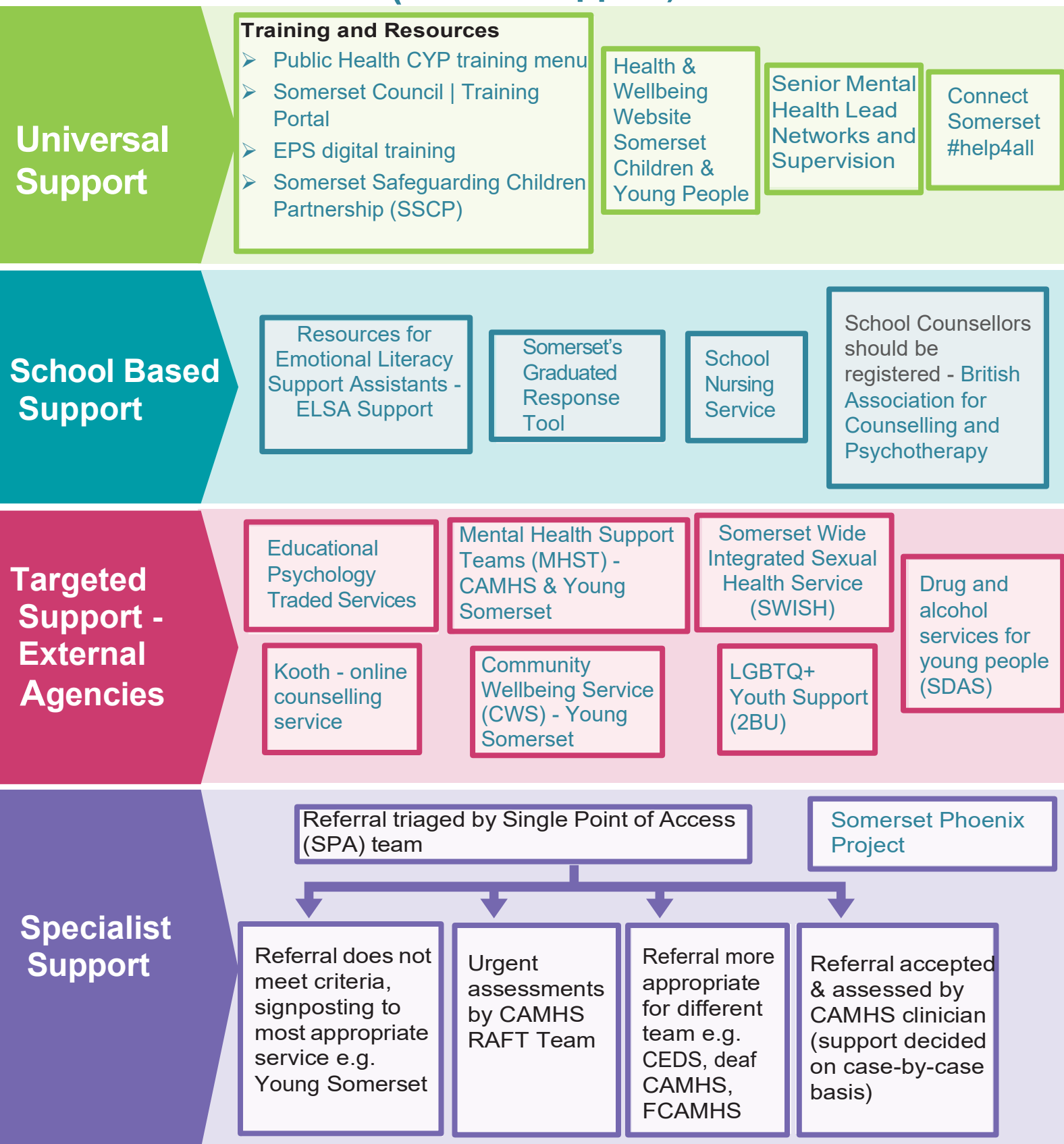


Somerset's Emotional and Mental Health Route Map

(School Support)



- For Mental Health advice, contact Single Point Access: 0300 124 5012
- For safeguarding concerns contact Somerset Direct: 0300 123 224
- Phone 999 if you think there is risk of immediate harm



All information provided here should be read alongside the eligibility criteria for each respective service and was correct at the time of review and publication July 2026

Universal support

Training, CPD and Staff Support

There are wide ranging opportunities for staff development, with a mix of pre-recorded sessions, virtual offers and face to face training. This [Training menu](#) will have a variety of offers currently available, alongside the [wellbeing training area](#) and the [EPS digital training](#) offer where there are a range of recorded training videos. The [SSE Training Portal](#) hosts training offers for schools from a range of quality assured providers and includes the SMHL offer.

Every Senior Mental Health Lead (SMHL) in Somerset has the opportunity to join a fully funded peer supervision network, to promote the sharing of best practice, develop new knowledge and skills and problem-solve with others in a similar role. Additional supervision (group / 1-1) is available from EPS as a traded offer.

Somerset Children and Young People Public Health website

The [Somerset Children and Young People's Health and Wellbeing website \(cypsomersethealth.org\)](#) is part of a universal offer with guidance and resources. This site also hosts the [Mental Health Toolkit](#) and a [specific area supporting Relationships, Sex and Health Education](#) (RHSE).

[The Somerset Health and Wellbeing Framework](#) is Somerset's approach to supporting schools to develop an effective whole-school approach to health and wellbeing. It is based on the OHID and DfE 8 key principles and includes an audit tool and framework for strategic school development.

Connect Somerset

Connect Somerset is a partnership between Somerset Council, NHS, VCFSE, Education and many more.

By **Connecting People**, the partnership aims to increase early help for residents and families, through neighborhood working, 100 community hubs and better data sharing to support professionals and target help. [Connect Somerset](#)

School Based Support

Emotional Literacy Support Assistants (ELSAs)

ELSAs are usually teaching assistants in school who have received training and participate in on-going supervision. ELSAs help children recognise, understand, and manage emotions to increase success. ELSAs plan and deliver individual (and small group) support programmes. We believe every school should have an ELSA and there is ongoing training and supervision programme - For more information contact educationalpsychology@somerset.gov.uk

Mental Health Toolkit

[The Mental Health Toolkit](#) provides a range of information, guidance and resources across multiple aspects of mental health and wellbeing, e.g. self-injury, eating disorders and **Emotionally-based School Avoidance**.

Directory of VCFSE (Voluntary Community Faith Social Enterprise) Organisations

COMING SOON

School Nursing Service

School nurses are public health nurses who will work with 5 to 19 year olds. Their primary aim is to improve the health and wellbeing of this age group and identify those who need early help. They can assist in managing interaction between health and education. The school nurse service also provides **ChatHealth**. For more info, click here - [School nurses](#)

Somerset's Graduated Response Tool

[Somerset's Graduated Response Tool](#) sets out the barriers to learning that children and young people may have and the strategies and provision that should be in place to support them. There is a section regarding Social, Emotional and Mental Health (SEMH) needs to support universal provision, early identification of SEMH needs and effective support that can be delivered through SEN Support.

Targeted Support - External Agencies

Educational Psychology Service Involvement (Traded)

Assess Plan Do Review - Educational Psychologists can support accurate identification of social, emotional, and mental health needs and are skilled in a wide range of assessment approaches, to ensure that support meets the specific needs of the pupil.

Bespoke Interventions - Assistant Educational Psychologists can offer bespoke packages of support and intervention for individual children and young people.

Mental Health Support Team (MHST) – CAMHS and Young Somerset

This service is a partnership between Young Somerset and CAMHS and is available through MHST schools for children and young people aged 5-16, providing low intensity CBT interventions and support to schools to adopt a Whole School Approach to mental health and wellbeing.

Educational Mental Health Practitioners (EMHPs) offer short-term support to children and young people who are experiencing difficulties with things like anxiety, worries and low mood.

EMHPs will carry out an initial assessment prior to treatment to see if low intensity CBT is the right support. If it is offered, interventions are weekly over 6-8 weeks.

The service is accessible via a request for help through the school's Senior Mental Health Lead. If you are a young person/parent/carer and you are interested in receiving support, you can talk to someone at school about this.

Community Wellbeing Service – Young Somerset

Young Somerset's Community Wellbeing Service provides Low-intensity CBT to meet the therapeutic needs of young people with mild to moderate mental health difficulties across Somerset. Young people, parents/guardians and professionals can request support to Young Somerset's Wellbeing Service via an online referral form on [Young Somerset](#).

Young Somerset also provide Targeted Youth Support (TYS) for schools across some of the County areas.

LGBTQ+ Youth Support (2BU)

At 2BU we're dedicated to creating safe, affirming spaces for LGBTQ+ young people which fosters a sense of belonging and connection. Our support includes, group sessions, community outreach and events encouraging LGBTQ+ young people to engage with peers in their local communities. Through our peer mentor approach, you can share experiences and build meaningful relationships with others who understand your journey.

No matter where you live in Somerset, we work to ensure there are support options available to you. [Home | 2BU Somerset](#)

Drug and alcohol services for young people

Somerset Drug and Alcohol Service Young Person's Team supports young people across Somerset who want to make changes to their drug or alcohol use.

Whether you are a young person who is beginning to experiment and would like some support, advice, information and guidance, or a young person whose drug or alcohol use has increased, causing you problems – we will support you to make the changes you want to make.

We work with young people who want to make changes to their substance use. We take referrals up to the age of 18, or 25 if you are a care leaver or you have special educational needs (SEN). [Drug and alcohol services for young people \(SDAS\)](#)

Somerset Wide Integrated Sexual Health (SWISH)

Contraceptive and Sexual Health Service, we are part of the NHS offering free and confidential services.

At Swish we provide free, accessible and confidential sexual health services in Somerset including all types of contraception, and STI testing and treatment.

Our service is non-judgmental and for people of all ages, genders and orientations. Everyone is welcome, and you don't need to see a GP first.

Swish services are delivered by Somerset NHS Foundation Trust and is commissioned by Somerset Council. [Welcome to Swish - Swish Services](#)

Kooth

Kooth is an online platform to help young people with their mental health and wellbeing.

It's a welcoming space for young people to safely explore their feelings.

Young people can anonymously talk to others their own age on moderated discussion forums, and chat to mental health professionals via messaging.

Kooth is a BACP-accredited digital mental health service and provided free through the NHS. [Home - Kooth](#)

Specialist Support

Specialist Community Child and Adolescent Mental Health Service (CAMHS)

Offer support for: moderate to severe mental illness which includes anxiety-based disorders (OCD, social anxiety, panic attacks, phobias); depression; significant self-harm and suicidal thoughts/behaviours; ADHD; post-traumatic stress disorder. This service will also offer support for children and young people who have a co-morbid learning disabilities and/or autism spectrum condition. Referrals can be made to CAMHS SPA by telephone 0300 1245 012 or email CAMHSSPA@sompar.nhs.uk

CAMHS Enhanced Outreach Team (EOT) and Psychiatric Liaison

Provides brief interventions to young people when they are most unwell with a range of mental health difficulties, acute mental distress, high levels of complex risk, self-injury, suicidal thoughts, and intent. Criteria for emergency assessment may include; symptoms of severe depressions with current suicidal thoughts and/or intention; severe psychotic symptoms. They work with young people who are at risk of requiring hospital treatment.

Children's Eating Disorder Service (CEDS)

Provide support for eating disorders (anorexia nervosa, bulimia nervosa and eating disorder not otherwise specified) with referrals screened on a daily basis for urgency. Emergency referrals seen in 24 hours; urgent referrals seen in 1 weeks and routine referrals within 4 weeks.

Forensic CAMHS (FCAMHS) South West

A specialist team that aim to enhance support for young people that present a risk of harm to others (and likely put themselves at risk). We provide advice, signposting and consultation to professionals, families and carers, in addition to some direct specialist assessment or interventions for complex cases.

National Deaf CAMHS

We are a specialist mental health team for deaf children, young people and their families and carers. We can help you if you are deaf or have hearing loss and you are finding it hard to deal with your emotions and behaviour. This means you might be feeling scared, fed up, angry, sad, confused, or depressed, or all of these at once.

Somerset Phoenix Project

A specialist service supporting children, young people and their families who have experienced childhood sexual abuse. We also support the professional development of the workforce across Somerset through consultation & training. Our goal is to empower others to join us in mitigating the negative impact of child sexual abuse on the lives of children and families living in Somerset, so they can rebuild & thrive. [Somerset Phoenix Project](#)

Therapies Offered in CAMHS Services

CBT (Cognitive Behavioural Therapy)

A talking therapy that aims to help you manage your difficulties by changing the way you think and behave and promotes the development of personal coping strategies that target solving current problems.

Art Therapy

A form of psychotherapy that uses art media as its primary mode of expression and communication. Within this context, art is not used as diagnostic tool but as a medium to address emotional issues which may be confusing and distressing.

DBT (Dialectic Behavioural Therapy)

Helps individuals find ways to accept themselves, feel safe, and manage their emotions to help regulate potentially destructive or harmful behaviours.

Psychotherapy

The use of psychological methods, particularly when based on regular personal interaction with adults, to help a person change behaviour and overcome problems in desired ways.

Systemic/ Family Therapy

Through exploring family dynamics this approach aims to utilise the family's strengths and support in order to address the concerns that bring them to CAMHS. Often the outcome is a reduction in stress, distress or conflict that the family experience.

EMDR (Eye Movement Desensitization & Reprocessing)

An interactive psychotherapy technique used to relieve psychological stress. It is an effective treatment for trauma and post-traumatic stress disorder (PTSD). During EMDR therapy sessions, you relive traumatic or triggering experiences in brief doses while the therapist directs your eye movements.

CAMHS services work closely with:

Other NHS services, such as:

GPs;
Children and Young People's Therapy Service (CYPTS) who provide Speech Therapy, Physiotherapy and Occupational Therapy services; Community Child Health Services which include Consultant Paediatricians and Paediatric Psychologists.

Health and social care teams outside of the NHS, such as:

- Somerset Drug and Alcohol Service (SDAS)
- Somerset-Wide Integrated Sexual Health Service (SWISH)
- Somerset and Avon Rape and Sexual Abuse Support (SARSAS)
- Family Intervention Service (FIS)
- Bristol Barnardo's Against Sexual Exploitation (BASE), Children's social care teams - including Children with Disability (CWD) Team and the CWD Early intervention Team
- Somerset Statutory SEND team
- Somerset SENDIAS