

CONTACT US

Drop in and speak to our Primary Mental Health Worker for a friendly, informal chat from 9 to 9:30 every Thursday.

Phone consultations
by appointment only

One to one meetings
by appointment only

Call Mrs Dommett on:

01883 342005

Email:

lorna.dommett@stfrancis.surrey.sch.uk

Useful Contact numbers:

Samaritans: Free phone 116 123

Parentline: 0808 800 2222

Child line: 0800 1111

NHS direct: 111 – non emergency helpline

Family Information Service:

new.surreycc.gov.uk/people-and-community/family-information-service

Young Minds: www.youngminds.org.uk

0808 802 5444

Kooth: kooth.com

PMHW

Confidentiality

We believe you have a right to privacy so we offer a confidential service.

Everything you tell us can remain confidential. This means we won't talk about any details you tell us to anyone else unless there is a serious risk of harm to you or another person.

How are we doing?

We want to hear what you think about our service to help us offer the best service possible. Please let us know what we are doing well and how we could improve. You can do this by completing an evaluation form available from our Primary Mental Health Worker.

Primary Mental Health Worker (PMHW)



A service for children, parents and staff who would like to discuss mental health difficulties with a professional in school.

Tandridge
Accelerator Site
in partnership with

**CAMHS &
SURREYCC**

Helping our children help themselves

What is a Primary Mental Health Worker?

We work with anyone aged 6 to 18 that is experiencing mild to moderate mental health difficulties.

Working on a short term basis to benefit young people around their struggles.

This could include things like:

- Anxiety
- Self-harm
- Suicidal thoughts (without attempting or making plans to commit suicide)
- Low moods
- Consistently angry
- Withdrawn from others
- Self Esteem / Body Image/ Self Worth
- Bullying
- Help to minimise the impact of negative life experiences
- Bereavement/Loss

You can see our PMHW in school.

How to refer

If you would like to find out more or to be referred to our Primary Mental Health worker:

- Speak to our Inclusion Manager Mrs Dommett
- Speak to our ELSA Mrs Hamilton
- Come to a drop in session on Thursdays at 9am
- Call or email us (see over for details)

Ways our support is delivered

There are many different ways in which we can provide support, these include:

- Solution focused intervention
- Guided self help
- Group Work
- One to one

