

Professional Consultations – for Pupils aged 5-19

Professional Consultation appointments are arranged for school staff to anonymously discuss a young person's mild to moderate mental health concern and receive timely advice, guidance, support, resources and signposting. This enables school staff to deliver preventative, targeted interventions with the young person / group of young people or to be given the appropriate advice to access other specialised support.

This process provides schools with:

- Timely support and advice
- High quality interventions
- Support children/young people when they need it

Consultations take approximately 20-30 minutes over the phone. To book a free Professional Consultation call our administrator on 01904 661916.

BUZZ US Text Messaging Service

Compass offers a confidential text messaging service for young people aged 11-18 across North Yorkshire. Young people can text 07520 631168 for confidential advice, support and signposting from one of the team about any mental health or wellbeing worries, such as low mood, stress, bullying, eating problem, self-harm, anxiety or self-esteem. Here is a short YouTube clip about the service: <https://youtu.be/5eI6EWYsXQ>

Included below is a presentation for pupils (and parents) and one for school staff:

<https://www.compass-uk.org/wp-content/uploads/2022/06/BUZZ-US-Presentation-Pupils.pptx>

<https://www.compass-uk.org/wp-content/uploads/2022/06/BUZZ-US-Presentation-for-School-Staff.pdf>

Below is a printable poster with a QR code for ease of accessing the text message service and BUZZ US images which can be used for example on your website, newsletters and school intranet:

<https://www.compass-uk.org/wp-content/uploads/2022/08/Phoenix-BUZZ-US-Poster-Animation.jpg>



BUZZ US_front.png



Compass
Phoenix_BUZZ US Carr

Free Webinar Training for School Staff

Our training and consultation workers deliver free emotional wellbeing and mental health training to school / college staff across North Yorkshire. You can access the School Transition webinar sessions running on 16th May, 24th May, 8th June, 12th June and 27th June, or to see what training is available:

<https://www.compass-uk.org/compass-phoenix-training-webinars/>

Resources to Support Pupils

Moving Up to Secondary School

This booklet is aimed at helping a child prepare for transition. It is encouraged to ask the child to share this with parents and carry out some of the activities with them. Pupils can also take this with them as they move into year 7.



[My moving up to secondary school boc](#)

Transition Group Work Package

Below is our year 6 transition group work package which includes PowerPoint Presentations, pupil workbooks and resources. This should be delivered over 3 sessions.

<https://www.compass-uk.org/wp-content/uploads/2022/06/Facilitation-Guidance-Year-6-Groupwork-School-Transition.docx>

My Safe New School

Using the 'My Safe School' resource will help the child recognise where they feel safe, where they don't feel safe, who they feel safe with and what they need to feel safe. This is a visual tool and once the child has identified these areas they can then be implemented when they are struggling with their outbursts. It may be that they decide to go to a certain area where they feel safe or sit with a certain staff member who they feel safe with to prevent the 'flight' aspect.



[Facilitation Guidance My Safe School.docx](#)

Helping Hand

We love this tool! It's designed to help you to identify your support network, this could be both in and out of school, college, or work. Completing the Helping Hand is a really easy and useful tool that you can refer to whenever you need to talk to someone. We hope by completing this your will feel able to reach out if you are struggling and avoid things escalating further.



[Helping Hand Facilitation Guide.docx](#)