

SHARE wants to improve the mental health and emotional well-being of our young people in Secondary and Middle Schools in Somerset. We want to change our culture by breaking down the stigma of mental health issues, and by helping our young people become more resilient so they are better equipped to understand and manage their emotions and behaviour.

SHARE will do this by involving everyone in schools – teaching professionals, young people and parents, volunteers and support staff - and provide them the tools and resources to help recognise, manage and sustain good mental health and emotional well-being.

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Dear Parents

RE: Schools Health and Resilience Education (SHARE)

SHARE is delighted to be working with Frome Community College from September 2019 with the aim of working together closely to promote a Whole-School Approach to mental health and emotional wellbeing.

SHARE is a countywide project commissioned by the Somerset Clinical Commissioning Group and being delivered by Somerset Partnership NHS Foundation Trust to improve the mental health and emotional wellbeing of young people aged 11 to 18 years across Middle and Secondary schools in Somerset. The service has been running since September 2017 having already worked with a large number of Schools across the county.

The team is based in Taunton within the CAMH (Child & Adolescent Mental Health) Service*. We also collaborate with Somerset Public Health to promote the Somerset Wellbeing Framework (https://www.cypsomersethealth.org/the_somerset_wellbeing_framework); SHARE Project Workers will be regular visitors to the school from September to support the development of Mental Health & Wellbeing provision within the school.

Please visit our website www.sharesomerset.co.uk and follow us on Twitter [@SomparShare](https://twitter.com/SomparShare) to find out more.

We are looking forward working with the students and staff at Frome Community College and getting to meet some of you in the near future too.

Best Wishes,

The SHARE Project

**SHARE is not a counselling service and is not commissioned to work with individuals; it is a Tier 1, Universal offer working across the school with all students, staff and parents. The Project Workers do not have access to medical records or work with individuals on a one to one basis.*