

PROJECT AIMS

Enhance joint working between
Education and Health

Increase mental well-being
support and interventions
for children and young people

Increase the confidence of
all those working with
children and young people,
in relation to mental health

Decrease inappropriate referrals
to Child and Adolescent
Mental Health Services

TO REQUEST SUPPORT

If you are based in Cardiff,
please ask your school to make an
'Additional Learning Needs' (ALN) referral
to the Emotional Health and Wellbeing
Team. The Specialist Teacher can bring
young people to consultation with the
Resilience Project

If already known to the Emotional Health and
Wellbeing Team, please ask them to discuss
accessing Resilience Project support with our
team

All requests will be considered
on a case-by-case basis

Please note, the Resilience Project in Cardiff
does not work with those with a diagnosis of
Autism or those actively open to other health
teams such as, the Child and Adolescent
Mental Health Service (CAMHS) or the
Primary Mental Health Service (PMHS)



RESILIENCE PROJECT IN CARDIFF

SUPPORTING
CHILDREN & YOUNG PEOPLE'S
EMOTIONAL WELLBEING
AND MENTAL HEALTH

Resilience
Project
Prosiect
Gwydnwch



THE PROJECT

This is a Cardiff and Vale University Health Board-led service aimed at building greater capacity, expertise and mental health resilience for children and young people primarily through educational settings

THE TEAM

We are made up of:

- Three Clinical Psychologists
- Three Resilience Project Practitioners (Art Psychotherapist, Occupational Therapist, Social Worker)
- Seven Graduate Mental Health Workers
- Team Secretary

- Three Graduate Mental Health Workers are based in the Vale, supporting secondary schools

- Four Graduate Mental Health Workers are based in Cardiff, supporting primary and secondary schools

WHAT WE CAN OFFER

DIRECT WORK

Up to 12 sessions with children and young people and/or their families and education staff

GROUP SESSIONS

Young People - To help enhance children's emotional literacy and promote resilience

Parents - To support parents using the Nurturing Attachment programme

CONSULTATIONS

For education staff to consider specific children and young people's needs and how best to support them

TRAINING

Webinars and workshops for education staff, around mental health and how to support children and young people who may be struggling

RESOURCES

For school staff, parents and children and young people, with advice for supporting emotional wellbeing

Our service is based on the pyramid model below:



Please see our [Resilience Project page on the Cardiff and Vale UHB website](#) for online resources and recorded training

For further information, please email: resilienceproject.cav@wales.nhs.uk