

## BENEFITS OF THE C.A.R.E PROGRAMME

- Increased understanding of emotions
- More confident in communicating feelings to others
- Increased tool box of strategies and techniques to cope with upsetting thoughts and feelings
- Greater knowledge and awareness of where and how to access help and support

## How to contact your Mental Health Support Team

Email: [MHSTWest@spft.nhs.uk](mailto:MHSTWest@spft.nhs.uk)

Telephone: 0300 304 0500

**NHS**

Hampshire Child and Adolescent  
Mental Health Services

# C.A.R.E.

(COPING AND RESILIENCE  
EDUCATION) PROGRAMME

**HEALTH, WELLBEING &  
HAPPINESS**

Brought to you by Hampshire  
Child and Adolescent Mental  
Health Service



## C.A.R.E PROGRAMME

There is growing recognition that young people's emotional and mental health is an important component of overall health, wellbeing and happiness.

Your school, together with Hampshire Child and Adolescent Mental Health Service (CAMHS) will be running an interactive and engaging emotional wellbeing programme (made up of three workshops) for young people in Year 5/6.

All sessions will be held within school hours as part of the school day.

**Booking by arrangement with your Mental Health Support Team links**

## SESSION 1

- Learning to identify and express different emotions
- Learning a few techniques and strategies to cope and manage emotions

## SESSION 2

- Learning the links between our mind and body (fight/ flight/ freeze response) and the impact this can have on our emotions and ability to cope
- Learning more coping techniques and strategies

## SESSION 3

- Learning about difference and embracing our unique qualities in order to boost self-esteem
- Learning about how and where to access help and support if struggling to cope

## OPTIONAL POST-PROGRAMME PARENT WORKSHOP

The aim of this session will be to:

- share further details about the context of the programme
- To help parents support their child when they are struggling emotionally
- To provide details and advice relating how and where to access further help, advice and support if their child encounters emotional health

