

Senior Mental Health Lead (SMHL)



All schools and colleges should have a Senior Mental Health Lead by 2025, funded by the DfE.

The Department for Education (DfE) are providing all state schools and colleges in England with a **grant of £1,200**, to pay for SMHL training. At a cost of £800, our training enables you to utilise the remaining funds for backfill or resources to support your SMHL implementation.

Terapia's SMHL training programme is **quality assured by the DfE**. We are one of the leading child and adolescent psychotherapy and counselling training organisations in the UK. Our facilitators are highly experienced in school leadership, management and in the delivery of therapeutic services.

Our course covers the **eight core outcomes outlined in the DfE Green Paper** – 'Transforming children and young people's mental health', focussing on developing the specific skills required to embed and sustain a whole school/college approach to positive mental health and wellbeing at your setting.

Key components of our training include a Terapia SMHL Learning Guide with reflective journal, individual coaching sessions and SMHL group forums.

“ This was an extremely well put together and delivered course. I would highly recommend to others and can't thank the facilitators enough for their time and commitment. ”
- Hertfordshire primary school SMHL, 2022





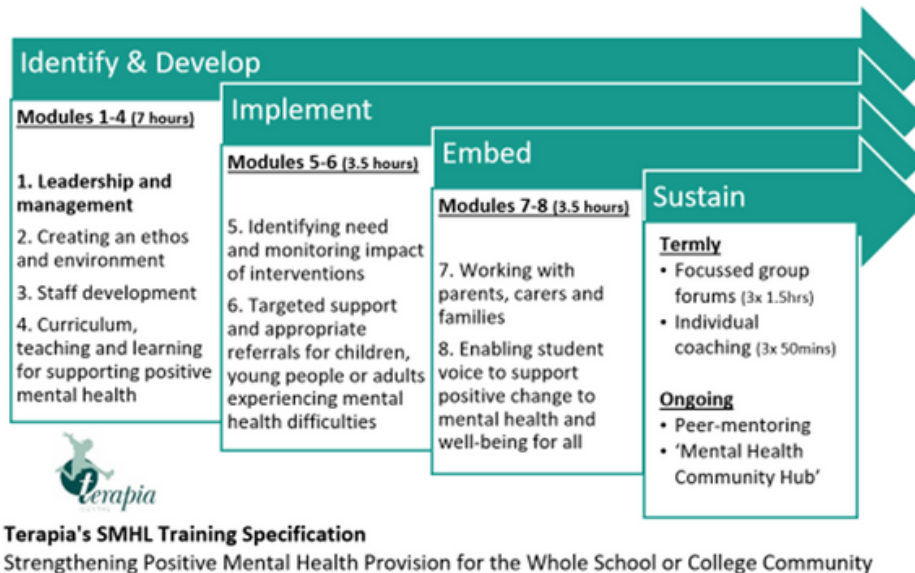
This course went far beyond the expectations from the DfE.

- North London secondary school SMHL, 2022



Terapia's SMHL training programme:

- Delivered across one year or attended on a modular basis.
- Includes: 1 full day and 2 half days of training; termly 1.5-hour focused group forums and 1-hour individual coaching sessions – equating to 14 hours of continued professional development (CPD).
- Hosted at either our purpose-built training centre in North London, online or at your local hub.
- Gain access to our established SMHL network of participants from all our groups around the country.
- The total cost is **£800 per person**. Contact us for rates per module.



Groups are limited to a maximum of 20 people to enable the context and personal experience of every participant to be utilised in developing shared practices.

To find out more about our SMHL programme call 020 8201 6101 or email our training facilitator: pamela@terapia.co.uk

To secure your place, complete a booking form (available via our website), then apply to the DfE for your grant, quoting our reference number: SMHL012.