

# SOLAR

Solar is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT), Barnardo's and Autism West Midlands.

We provide Emotional Wellbeing and Mental Health Services to Children, Young People and Families in Solihull. This type of service is often referred to as CAMHS (Child and Adolescent Mental Health Team).

Solar supports young people (0-19 years old with some aspects going up to 25 years old) who are experiencing emotional wellbeing and/or mental health concerns.

The service is based across 2 sites; Bishop Wilson Clinic and Freshfields Clinic.

## MENTAL HEALTH SUPPORT TEAM (MHST)

MHSTs have three core functions:

1. To Deliver evidence-based interventions for mild-to-moderate mental health issues.
2. Support the senior mental health lead in each school or college to introduce or develop whole school or college approach.
3. Give timely advice to school and college staff, and liaise with external specialist service to help children and young people to get the right support and stay in education.



### Crisis:

Monday-Friday 9am-5pm you can contact Solar, to discuss with your care co-ordinator, or the duty worker, on 0121 301 2750. 8pm-8am the number is 0121 262 3555.

Coping during a crisis, the mental health charity Mind has information on ways to help yourself cope during a crisis. This includes calming exercises and a tool to get you through the next few hours.

### Urgent Mental Health Helpline

If urgent mental health help is needed, you can ring 0121 262 3555 for advice and support.

This line is available 24 hours, 7 days a week and can be used whether you are known to our services or not.

### In an emergency

Call 999 or go to A&E now if someone's life is at risk

# MENTAL HEALTH SUPPORT TEAM



autism  
west midlands



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## WHO ARE WE

Andraë Team Manager - Wave 2

Afroditi Team Manager - Wave 6

Andi G Senior Practitioner

Cristina Senior Practitioner

Andi C Senior Practitioner

Nat Senior Practitioner

Katie EMHP

Beth PMHP

Veronica EMHP

Tom Trainee EMHP

Amanda Trainee EMHP

Maariah Trainee EMHP

Sophie Trainee EMHP

## WHAT WE DO

### 1:1 Support

As a team we offer 1:1 low intensity interventions to young people who are experiencing low to mild anxiety, low mood or challenging behaviours. The interventions are either informed by CBT principles or from creative therapies.

### Whole School Approach

Support to implement WSA, Audits and Action Planning. This includes small group workshops, staff training, assemblies, PSHE support/lessons and parents evenings/open events.

Advice and Support  
Case and referral advice.

### Workshops

We also offer workshops for staff, parents/carers and young people based on the school needs.

Peer Listener and Mental Health  
Ambassador Training.



## HOW TO REFER

If you feel as though your child needs support with their mental health please speak to your schools Senior Mental Health Lead to discuss a referral to Solar.

Self referrals and parental referrals are also accepted and can be made online [www.bsmhft.nhs.uk/our-services/solar-youth-service/](http://www.bsmhft.nhs.uk/our-services/solar-youth-service/)

Alternatively you can speak to your GP about a referral.

