Hull Menu of Offers 25/26

1. Whole School Support

Offer	Description	Target Group	Delivery Format
Assemblies	Health and wellbeing promotion	All pupils	Assembly presentation
Group Workshops	E.g., stressful life events, transitions, self-esteem, vulnerable groups, exam stress etc.	Whole school or year groups	Identified through prep and plan meetings
School and community engagement	Parents' evenings, coffee mornings, community events	Everyone welcome	In school and within community

2. Pupil Interventions

Offer	Description	Target Group	Delivery Format
CBT based 1:1 sessions	Low-intensity CBT for mild-moderate anxiety, low mood, etc.	Year groups 6-11	Weekly, 6-8 sessions
Universal drop-in	Informal wellbeing support, e.g. creative support, psychoeducation etc.	All pupils	Identified through prep and plan meetings
Targeted/referral group offer	Small group interventions for mild-moderate anxiety	All pupils	Identified through prep and plan meetings/consultation and discussion meeting

Hull Menu of Offers 25/26

3. Parent/Carer Support

Offer	Description	Target Group	Delivery Format
Parent-led CBT	6-week course to understand the young person's anxious presentation and implement strategies to manage this	Referred families	Face-to-face and virtually (MS Teams)
Parent Workshops	Topics: anxiety, behaviour as a form of communication, routine and rhythms	1-2 sessions	Locality-based and virtually (MS Teams)

4. Staff Support and Training

Offer	Description	Target Group	Delivery Format
Staff professional development	Training on anxiety, low mood, behaviour as a form of communication, trauma-informed training etc.	All school staff	Identified through prep and plan meetings
Staff Consultations	Case discussions with MHST practitioners	All school staff	By appointment/ad hoc discussions
Peer group mentoring	Help teachers learn how to guide students in supporting each other through peer mentoring groups.	All school staff	Identified through prep and plan meetings

Hull Menu of Offers 25/26

5. Digital

Offer	Description	Target Group	Delivery Format
Mental Health and Emotional Wellbeing videos	Learning around common themes e.g. exam stress, managing strong emotions, etc.	All pupils	YouTube videos
Parent/carer webinars	Parent workshops delivered virtually	Parent/carers	MS Teams
Staff webinars	Staff workshops delivered virtually	All school staff	MS Teams

6. Systemic Support

Offer	Description	Target Group	Delivery Format
Mental Health Audit	Support schools to reflect on and improve their whole-school approach to mental health	All school staff	Identified through prep and plan meetings
Policy Development	Support embedding mental health into school policy	All school staff	Identified through prep and plan meetings