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GIG
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Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

Ref: BH/SA/sj
Your ref: P-04-559

10th September 2014

Mr William Powell, AM
National Assembly for Wales,
Cardiff Bay,
Cardiff,
CF99 1NA

Dear Mr Powell

Re Petition Title: Secondary School Awareness of Self Harm

Thank you for the opportunity to comment on the above petition.

The Welsh national strategy for suicide prevention and self harm reduction "Talk to Me" details a number of actions to be taken forward by organisations across Wales, including health boards, local authorities, schools and third sector organisations. This includes actions to address the issue of self-harm amongst young people. These actions, if implemented, will help to address the issues raised in the petition.

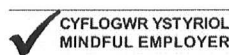
Local Health Boards and Local Authorities are required to respond to local population health needs and prioritise resources accordingly. As such, we believe that local areas should be able to allocate resources to this subject based on local need.

We have summarised below the actions that are already taking within existing resources in Powys, as we recognise the importance of addressing the issue of self harm and reducing associated stigma.

Suicide prevention and self harm reduction have been incorporated in the Powys Mental Health strategy and action plan "Hearts and Minds".

The Powys Children and Young People's Partnership has an Emotional and Mental Wellbeing subgroup, which enables partnership working to address issues including self harm.

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Rydym yn croesawu gohebiaeth Gymraeg
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Addysgu Powys



We welcome correspondence in Welsh
Powys Teaching Health Board is the operational name of
Powys Teaching Local Health Board

We have Child and Adolescent Mental Health Services (CAMHS) Primary Mental Health Workers in place across Powys. Working with all our secondary schools, they help teachers to support the mental health of children and to act as the link between schools and the CAMHS service. The Primary Mental Health Workers are seen in Powys as being pivotal to promoting good emotional health amongst young people, helping to prevent mental health issues and identifying potential mental health problems.

The Primary Mental Health Workers also work closely with the youth forum and are part of our cohort of workers who are able to deliver the Youth Mental Health First Aid course to those who work directly with children and young people.

In addition, we have the school counselling service present in all our secondary schools via face-to-face sessions with trained and accredited counsellors and our online service Kooth (www.kooth.com). Kooth provides a free online counselling support and advice service to young people across Powys. This service is anonymous, confidential and operates 24 hours a day, providing direct access to counsellors through messaging and chat room facilities. This ensures that our young people have equal access to services and are not disadvantaged by living in rural areas.

Mental health and emotional wellbeing is a core subject that is addressed through the Healthy Schools Scheme. This is achieved through various actions such as ensuring appropriate policies and strategies are in place that address issues such as bullying and sexual orientation and through activities that are inclusive and promote increased self esteem and well being.

Outside of the school setting, the Youth Intervention Service provides support to young people aged 11 – 19 years with a range of issues including confidence and self esteem.

Powys teaching Health Board has identified improving childhood resilience as one of the priority areas within the Primary Prevention workstream of its Integrated Medium Term Plan 2014-17.

Further information regarding the services available within Powys can be obtained from Clare Lines, Strategic lead for Mental Health, clare.lines@wales.nhs.uk or Sophia Bird, lead for mental health promotion, Sophia.bird@wales.nhs.uk.

Yours sincerely



Bob Hudson
Chief Executive