



# Free courses and resources on emotional wellbeing for families and staff



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Please share this communication and the attached newsletter with your families and staff.

Your school is in a pre-paid area for the emotional health resources hub, [www.inourplace.co.uk](http://www.inourplace.co.uk) ('The Solihull Approach'). This means your families can access a range of free online support to better understand children's emotional health, brain development and wellbeing.

As part of your school's commitment to supporting mental health for your children, help us to raise awareness of these important resources for your parent community.

There are courses available from bump to 19+ years, and include:

- Understanding your child (0-19 years)
- Understanding your child with additional needs (0-19 years)
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding your relationships
- Understanding the impact of the pandemic on your child/teenager

**Courses are also available for professionals** working with children and include the topics:

- Understanding trauma
- Understanding attachment
- Understanding brain development

All courses can be translated using Google Translate and some professional translations are available, including Arabic, Urdu, Bulgarian, simplified Chinese, Spanish, Welsh, Polish and Somali.

All the information needed to sign up for these free courses can be found at: [The Solihull Approach | Health and social care | Hampshire County Council](https://www.hants.gov.uk/solihull-approach) ([hants.gov.uk](https://www.hants.gov.uk)).

The inourplace schools' communications toolkit is available, which includes all the ready-to-use resources you need to build this into your engagement strategy for mental health. If you would like access to the toolkit, send an email to [healtheducation@hants.gov.uk](mailto:healtheducation@hants.gov.uk).

Watch this video which explains the Solihull Approach and its training in emotional health and wellbeing for children: [All about the Solihull Approach and its training in emotional health and wellbeing for children - YouTube](https://www.youtube.com/watch?v=...).

For more information on the Solihull Approach/InOurPlace and how your school and families can sign up for free access, please visit [The Solihull Approach | Health and social care | Hampshire County Council](https://www.hants.gov.uk/solihull-approach) ([hants.gov.uk](https://www.hants.gov.uk)).

Don't forget there is free [e-learning](#) for education staff on the [Hampshire Health in Education](#) website, as well as national guidance, resources and advice to help with lesson planning and PSHE.

[Solihull January parent wellbeing newsletter](#)