



TISUK

Dr Margot Sunderland Co-Director
Julie Harmieson Co-Director
Dr Coral Harper Co-Director Wales

CCMH

Sir Richard Bowlby President
Professor Brett Kahr
Clinical Research Fellow in Mental Health
Dr Margot Sunderland
Director of Training and Education

27 March 2020

Good afternoon!

Re: Offer of free livestreaming 'drop-in' service for teenagers at your school who would like to talk to a trained counsellor (Senior Trainee, Diploma in Counselling Teenagers) or Senior Mental Health Mentor (Trauma Informed Schools Trainer) about the impact of coronavirus on their lives.

The recent order for school closures and general social distancing measures, will, I am sure, have caused great distress and anxiety to you, your staff and students and left Senior Leads with a huge amount of additional work and concerns. This must be highly stressful for you all, and so you have our deepest sympathy. We are also highly aware of the stress, anxiety, grief and anger that so many of your children and teenagers will be feeling right now.

In light of this, we would like to offer your school a free live streamed specialist 'drop-in' facility for teenagers who you think would benefit from having a trained empathic adult listen to them as they talk about the impact of the coronavirus outbreak on their lives. For example, they may wish to discuss concerns about an at risk relative, the grief of multiple losses brought about by the situation and/or their frustrations around exams being cancelled etc.

We are suggesting a designated slot system of up to 30 minutes per teenager who would like to take up this opportunity. They can be teenagers at home or at school (using a zoom log-in and hosting from school for both). For those teenagers who find this facility particularly useful and perhaps have no emotionally available adult in their lives at this difficult time, the facility could be extended. This means that the counselors and mentors would then be willing to offer them live streaming more regularly at a set time on a set day. (e.g. once or twice a week).

Please be assured that all our counsellors and mentors are working within the clearest guidelines and ethical codes for remote working. They all attend regular clinical supervision with highly experienced registered and accredited psychotherapists and trainers. All have passed at least Level 2 safeguarding training and would of course follow the safeguarding procedures in your school. All have very substantial training hours in mental health and counselling young people.

The sessions would be run in accordance with the strictest training standards for remote learning, informed by the BACP and UKCP and based heavily on practices run for online sessions by Dr Jean Magagna (one of our consultants) who, for over twenty years, was Head of Child Psychotherapy department at Great Ormond Street Hospital. She worked remotely with teenagers with eating disorders for many years. Should you wish to proceed we will give you copy of our Guidance and Ethics for remote learning.

Please stay safe and look after yourselves, and we look forward to hearing from you.

Yours sincerely

Dr Margot Sunderland (Co-Director, TISUK and CEO IATE)

H. M. Sunderland