

Worthing CIL Neighbourhood Fund case study: West Sussex Mind - mental health support at Northbrook College's West Durrington campus

West Sussex Mind has partnered with Northbrook College to deliver increased mental health training and support for staff and students in West Durrington, thanks to funding from our Community Infrastructure Levy (CIL) Neighbourhood Fund.

The charity was awarded £11,500 to fund a peer support worker, provide training for staff and students and deliver a mental health awareness event.

Photo: West Sussex Mind - Han Bachtiger-Millard (left) and Nicky Lambley (right)

Students at the West Durrington campus are supported by the college's wellbeing and safeguarding team, but staff have seen an increasing need for mental health support since the pandemic.



West Sussex Mind used part of the CIL funding to support the college by referring students needing extra help with their mental health to young people's peer support worker, Han Bachtiger-Millard, who goes into the college one-day-a-week.

The support has filled a gap in provision for students who need help with issues like exam stress, loneliness, online bullying, relationship problems and setting achievable goals.

The project has seen great engagement and attendance, as well as positive feedback from students. Those interested in ongoing support are also signposted to the other services from West Sussex Mind or other local provision.

To help empower college staff to better understand young people's mental health problems, West Sussex Mind has delivered a Youth Mental Health First Aid (MHFA) course with the funding. Students have also been offered help to better support each other, with group sessions on emotional resilience, boundaries and the impact of social media.

As part of Mental Health Awareness Week (12th to 18th May) the charity delivered a wellbeing and mental health awareness event at the college. The informal event offered staff and students the chance to chat, play games and create wellbeing bags that they could take home with them.

Han Bachtiger-Millard, young people's peer support worker at West Sussex Mind, said: *"My role is to build rapport and provide a dedicated space for students to talk about the issues they are facing at home or in college. The goal is not to solve problems, but to use my lived experience to talk, listen and focus on achievable goals."*

"We have seen great engagement from the students using the service, with all of them wanting to keep coming back to sessions, giving positive feedback as well as useful suggestions on how we can improve. The biggest feedback we've had has been how helpful it has been to be listened to."

To find out more about the support from West Sussex mind, please visit:

www.westsussexmind.org

Or for more information on the CIL Neighbourhood fund, head to:

www.adur-worthing.gov.uk/worthing-cil/neighbourhood-fund