

#	Question	Asker Name	Answer(s)	
1	Good morning all, please can the panel offer some suggestions regarding how to support and firstly engage young people at risk of very poor mental health and subsequent potential issues, most particularly in rural communities? Thank	Anna Field		Hi Anna - if you are able to approach the idea of a referral to us then that would be great. Alternatively we offer parent talks which might be helpful and also a small number of slots for parent counselling which might help with this.
2	Sorry - I refer to out of school support specifically....	Anna Field	Sarah Emery - We recognise the role that community based work can have with supporting young people. Whilst for some young people they will need support from specialist services many young people need a sense of belonging and engagement with trusted adults away from school and home. Communities can be the source of this support whether that be youth groups, sports, arts or faith groups, the engagement can go a long way	
3	Many thanks	Anna Field		
4	It is absolutely vital that difficult to reach groups are included in every conversation. Otherwise they are left out of strategies and planning. Refugees are 500% more like to have poor mental health wellbeing. They are rarely identified let alone mentioned in strategies	Nick Harborne	Thank you Nick for this data which we will capture and share with the slides shared after the session.	
5	The Mental Health Foundation reports: <ul style="list-style-type: none"> •Asylum seekers and refugees are more likely to experience poor mental health than the local population, including higher rates of depression, PTSD and other anxiety disorders. •The increased vulnerability to mental health problems that refugees and asylum seekers face is linked to pre-migration experiences (such as war trauma) and post-migration conditions (such as separation from family, difficulties with asylum procedures and poor housing). •Research suggests that asylum seekers are five times more likely to have mental health needs 	Nick Harborne	Thank you Nick for this data which we will capture and share with the slides shared after the session.	Hi Nick, the West Berkshire Mental Health Action Group currently co-ordinate Mental Health Support across the district (mainly adults) and I'm more than happy for you to come along to one of the meeting. I agree that refugees and asylum seekers are disproportionately affected and should be identified within our policies and plans as such,

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6	Please can the panel give refugees and asylum seekers comfort that they will be included on policies going forward.	Nick Harborne	hi Nick , you would be welcome to join my group West Berks Suicide Prevention Action Group. email me garry@vcwb.org.uk	
7	Good morning. Do you know if there is similar help/organisation for people in North Hampshire?	Gayle Ashby	Hi Gayle - some charities speaking today cover n. Hants as well as West Berks; for the statutory response it will be Hampshire CC's services. I'll refer your question to WBC in case there are suitable links or resources available.	Support for North hampshire can be found here: https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/professionals/mental-health Also some of the featured charities cover a wider area or are nationwide, please refer to the resources section of the slides for more details.
8	Hello, I'm a health and safety practitioner and Mental Health First Aid Instructor (MHFA England). Are there any plans to make it a legal requirement for workplaces to have mental health first aiders as well as physical first aiders?	Claire Jones	Hello Claire, Laura can look into this for you if you email her at laura.farris.mp@parliament.uk	Hi Claire, I'm unaware whether or not this will become a legal requirement. However, West Berkshire Council will soon be commencing a project to support local organisations to have MHFA workers in the workplace
9	what support is there for SEND schools?	Lorna McArdle	From Charlie Waller. One of our trainers, Jo Billington, has particular expertise in delivering specific SEND training in schools. Her profile can be found on our trainers and speakers page here: https://charliewaller.org/about-us/our-people/our-trainers-and-speakers If schools would like to book Jo to deliver a session, further information and a link to our booking form can be found here: https://charliewaller.org/what-we-do/for-	