

Who we are

Compass

We are a national, non-profit charity, with over 35 years experience in delivering community health and wellbeing services.

Our Vision

All people have their health and wellbeing needs identified early, before problems escalate and people are given the right care and support, at the right time, by the right professional.

Our Mission

Where everyone gets the same access to help early, irrespective of background and circumstances so they can realise their talent and reach their true potential.

Mental Health Support Teams

Compass operates Mental Health Support Teams in a number of regions across the country. Mental Health Support Teams are commissioned by NHS England and the Department for Education following the 'Transforming Children and Young People's Mental Health Care Provision: a Green Paper' (2017).

What We Do

Compass Birmingham MHST works directly with primary and secondary schools in North & East Birmingham to offer early support for children and young people navigating their mental health journey.

We focus on prevention and early intervention mental health and emotional wellbeing services via:

- 1:1 interventions
- group workshops
- whole school approach delivery

Our services are primarily delivered during school hours. However, we have flexibility to work around individual needs and can work outside of these hours on an ad hoc basis.

We aim to:

- ensure children and young people access early help that is right for them, in the right setting, delivered by the right professional

- help children and young people to manage their thoughts, feelings, behaviours, and physical sensations so that they can better engage with their learning and education
- work alongside education staff to develop whole school approaches towards positive mental health and wellbeing.