

# stormbreak: supporting children's mental and physical health

**Stormbreak Shine is a digital intervention enabling trusted adults to support children when emotional wellbeing difficulties are emerging.**



**We know many more children are struggling with their mental health and wellbeing.**

**In the last 3 years the likelihood of children having a mental health problem has increased by 50%**

**One in five children aged 5 -16**  
(an average of six children in every classroom) are now likely to have mental health problems.

**42% of children**  
say they now worry about their mental health

Stormbreak CIO has developed the 'Shine' Early Intervention Programme to support Primary Schools to help children who are showing early emerging signs of mental and emotional health challenges.

The stormbreak Shine pathways, for example, for early emerging anxiety, building resilience, positive relationships, being understood, and for neurodivergence focusing on ADHD and autism, provide staff with evidence-based, therapeutic approaches and strategies to support children's wellbeing.

**Tell me more about stormbreak Shine >**

Stormbreak Shine pathways can be completed by a teacher/practitioner with a child or group of children or they can be shared with parents/carers to complete with a child while monitoring their progress, therefore increasing capacity to support more children.

**Independent research\* has found that stormbreak Shine pathways can lead to...**

**1. A reduction in children's general anxiety and emotional problems.**

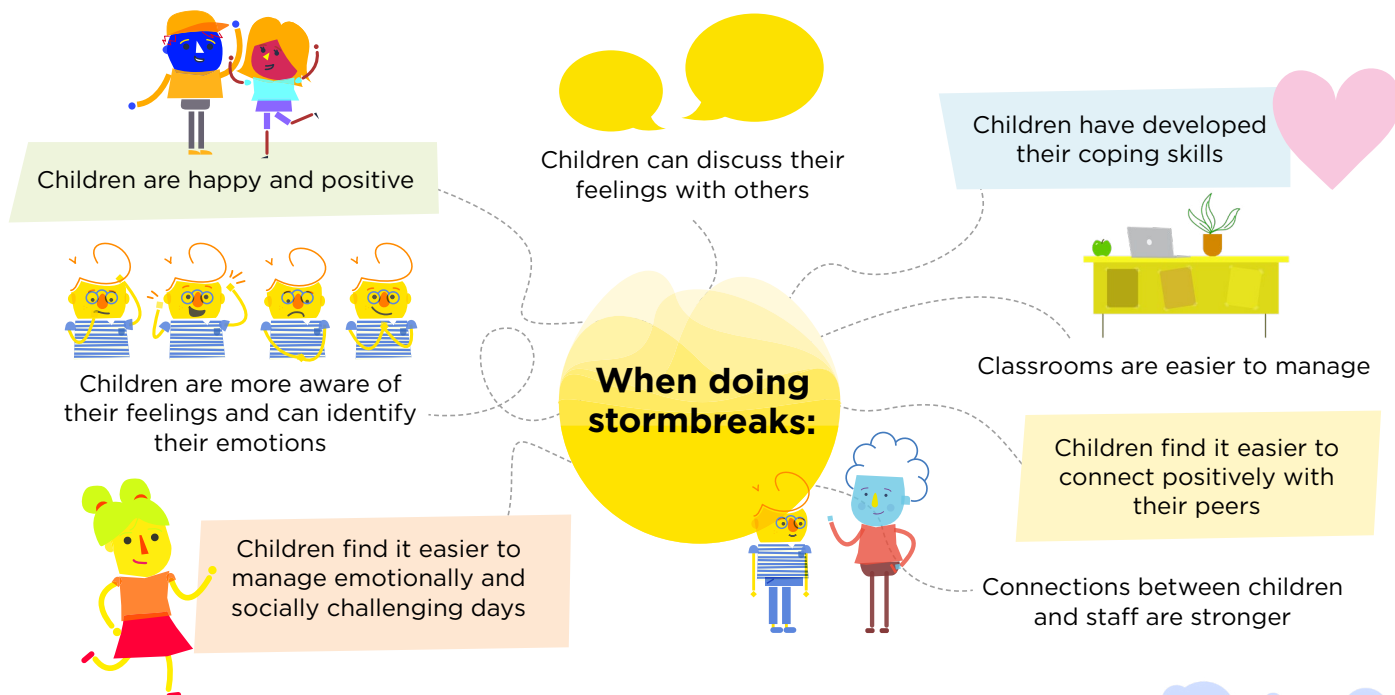
**2. An increase in children's wellbeing (70%).**

**3. A positive impact on both trusted adults and children.**

\*Bournemouth University, 2024

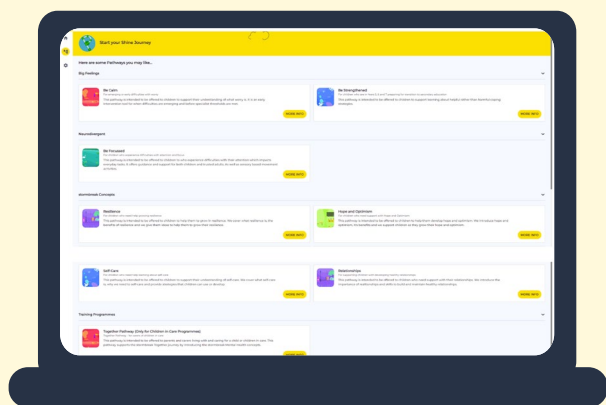
## Who can benefit from stormbreak Shine?





## stormbreak Shine support pathways

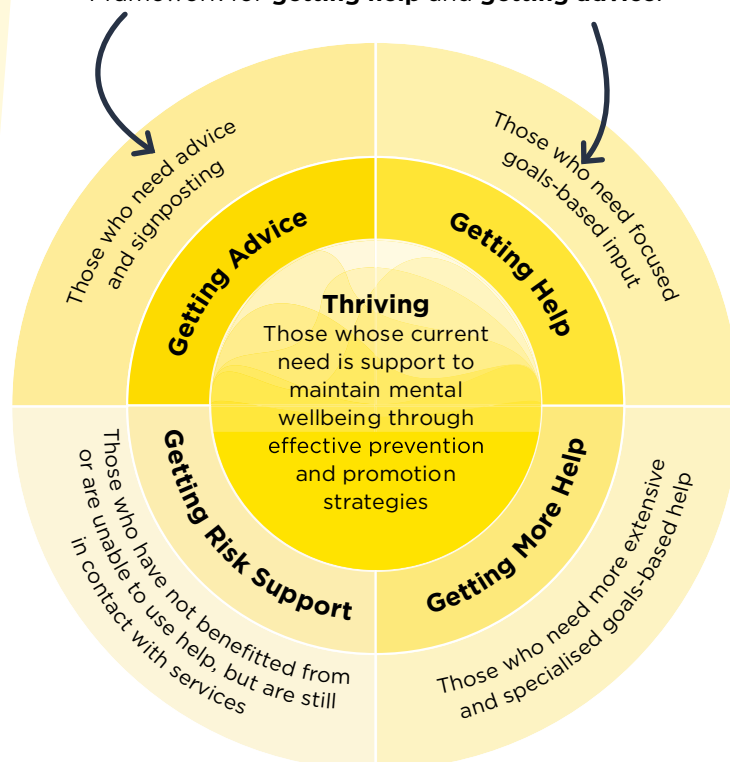
- **Be Calm;** Supporting early emerging anxiety
- **Be Connected;** Building positive relationships
- **Be Focussed;** Supporting attention needs
- **Be Strengthened;** Developing helpful coping skills
- **Be Enough;** Improving self-worth
- **Be Present;** Promoting self-care
- **Be Resilient;** Building better resilience
- **Be Hopeful;** Developing optimism



Example Pathway Assignment Menu

## How stormbreak Shine works

Stormbreak Shine sits within the NHS iThrive Framework for **getting help** and **getting advice**.



Please get in touch with us to find out how we can support children's emotional wellbeing needs in your area in education (primary schools), in health and in social care.

Please contact [victorias@stormbreak.org.uk](mailto:victorias@stormbreak.org.uk) or [martin@stormbreak.org.uk](mailto:martin@stormbreak.org.uk) for more details.

