

# Meet the team

## Mental Health Lead AHT:

Teresa Clipson DDSL

## Mental Health First Aiders:

Iain Hines PE Teacher

Alvia Mobley AHOC

Kim Morris AHOC

Nicola Savage-Barth HOC

Candine Stanier LSA

## Pastoral Team: All staff

Stuart Knott DHT/DSL

Kay Hodgetts SLT/HOC

Ade Hobday AHOC

Alison Hemming HOC

Emma Turton HOC

Amie Wright AHOC

## Useful links to more support:

**MindEd** is a free learning resource about the mental health of children, young people and older adults.

[mindedforfamilies.org.uk](http://mindedforfamilies.org.uk)

**Shout** is a free 24/7 text service for anyone in crisis any-time.

**Text 85258 to be connected with a trained Crisis Volunteer.**

**KOOTH** offers a safe and anonymous online counselling and support service.

[www.kooth.com](http://www.kooth.com)

**TheMix** provides free, confidential support for young people.

[TheMix.org.uk](http://TheMix.org.uk)

**AnxietyUk** offers support for anxiety conditions

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**YOUNG MINDS** offers advice for young people and parents/carers. Helpline number for parents/carers.

[youngminds.org.uk](http://youngminds.org.uk)

**Worcestershire Wellbeing Hub** offers a service for people over the age of 16 who are experiencing low mood, anxiety or stress, and feel that they would benefit from support from local community providers.

[www.hacw.nhs.uk](http://www.hacw.nhs.uk)

**PAPYRUS** is a suicide prevention charity.

[papyrus-uk.org](http://papyrus-uk.org)

**PAPYRUS HOPELINEUK call 0800 068 4141**



# Student Mental Health and Well-being

The well-being of our students is crucial to living a happy, successful and healthy life. There are times, however, when they may need a little support in achieving this.



# Mental Health and Well-being Strategy

Students in years 7 – 13

## Universal Mental Health and Well-being Programme

- Tutor programme
- Collective worship programme
- PSRE lessons
- Pastoral team available to all students
- Reporting and counselling immediately available to all: SHARP System and KOOTH
- Student voice activities – surveys (e.g. wellbeing and social media) and Student Ministry
- Drop in service to school nurse
- Parental workshops

### Students involved:

All students will have access to all elements of the Universal Programme

### People involved:

Pastoral Team  
Form tutors  
Mental Health First Aiders

## Tier 1 Provision

### Triage by AHOC + DDSL (Mental Health) can lead to:

- Referral to Reach Out
- Signposting to KOOTH, Shout, The Mix (if face to face support is not wanted)
- Mentoring by MHFA trained member of staff
- Drawing and Talking
- Referral to DSL or escalation to tier 2
- Kemp Bereavement Counselling based on triage assessment.

### Additional Tier 1 provision:

Targeted stress management and well-being sessions: Yr11/13 stress management workshops (students and parents), yoga,

### People involved:

SEND Team  
Sixth Form  
Pastoral Team  
KOOTH  
Mental Health First Aiders

## Tier 2 Provision

Offer:

- Early Help Hub (including Family support) via family front door
- Reach out appointment
- Regular scheduled appointments with the school nurse

### People involved:

Reach4Wellbeing service  
School Nurse  
Pastoral Team  
Kemp Bereavement Counselling

## Tier 3 Provision

- Community Social Worker phone consultation (via DSL)
- Family Front Door referral (via DSL)
- CAMHS referral (via DSL) CAST consultation

### People involved:

Family Front Door  
CAMHS  
Kemp Bereavement Counselling