

Raising awareness



fighting depression

Positive Mental Health Policy

Samuel Ward Academy

September 2022

This policy has been written using the advice and guidance of the Charlie Waller Memorial Trust.

Ratified by Governors on 27th September 2022



Raising awareness fighting depression

www.cwmt.org.uk

Positive Mental Health Policy – Samuel Ward Academy

Last Updated September 2022

Policy Statement

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organization)

At our school, we aim to promote positive mental health for every member of our staff and student body. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable students.

As a school we recognise that since the onset of the coronavirus (COVID-19) pandemic in the UK in March 2020, children and young people have experienced major changes in their lives. These have affected their home life and family situation as well as their access to education, leisure, health, and other services, and this may have impacted on their mental well-being.

In addition to promoting positive mental health, we aim to recognise and respond to mental ill health. In an average classroom, five children will be suffering from a diagnosable mental health issue. By developing and implementing practical, relevant and effective mental health policies and procedures we can promote a safe and stable environment for students affected both directly and indirectly by mental ill health.

Scope

This document describes the school's approach to promoting positive mental health and wellbeing. This policy is intended as guidance for all staff including non-teaching staff and governors.

The Policy Aims to:

- Promote positive mental health in all staff and students
- Increase understanding and awareness of common mental health issues
- Alert staff to early warning signs of mental ill health
- Provide support to staff working with young people with mental health issues
- Provide support to students suffering mental ill health and their peers and parents or carers



Lead Members of Staff

Whilst all staff have a responsibility to promote the mental health of students, staff with a specific, relevant remit include:

- Miss Sophie Ireland – Whole school Senior Mental Health Lead (SMHL) and Mental Health Champion
- Miss Jenna Powell - Designated Safeguarding Lead (DSL) & Mental Health First Aider
- Miss Mary Coe - Deputy Designated Safeguarding Lead
- Miss Gemma Wheeler, Miss Melissa Pawley, Ms Emily Chilvers, Ms Marion Carr, Ms Claire Greenaway – Inclusion officers and Alternate Designated Safeguarding Leads
- Ms Sian Cripps – Head of Year and Alternate Designated Safeguarding Lead
- Mrs Rachel Jarvis – Alternate Designated Safeguarding Lead and Trauma Informed Practitioner
- Mrs Dawn Fenwick - SENCO
- Miss Daisy Stevens, Miss Pippa Letts, Miss Tarah Bennett – Mental Health Champions
- Miss Mary Coe, Miss Sian Cripps, Mr Harry Ford – Mental Health First Aiders
- Mrs Hannah Power, Mrs Catherine Keeble – School Counsellors
- Mrs Wendy Jeffery - Lead First Aider
- Dr Kevin Geall- CPD lead
- Mr James Grover - Head of PSHE

Any member of staff who is concerned about the mental health or wellbeing of a student should speak to the SMHL or DSL in the first instance. If there is a fear that the student is in danger of immediate harm then the normal child protection procedures should be followed with an immediate referral to the designated child protection officer, the head teacher or the designated governor. If the student presents a medical emergency then the normal procedures for medical emergencies should be followed, including alerting the first aid staff and contacting the emergency services if necessary.

Where a referral to CAMHS is appropriate, this will be led and managed by Miss Powell, Designated Safeguarding Lead and Mental Health Lead. Guidance about referring to CAMHS is provided in Appendix F. The school counsellor and/or GP may also be consulted about referrals with the student and parent's permission.



Individual Care Plans

It is helpful to draw up an individual care plan for pupils causing concern or who receive a diagnosis pertaining to their mental health. This should be drawn up involving the pupil, the parents and relevant health professionals. This can include:

- Details of a pupil's condition
- Special requirements and precautions
- Medication and any side effects
- What to do and who to contact in an emergency
- The role the school can play

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves and others physically and mentally healthy and safe are included as part of our developmental PSHE curriculum and our Personal Development curriculum.

The specific content of lessons will be determined by the specific needs of the cohort we're teaching but there will always be an emphasis on enabling students to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others.

Signposting

We will ensure that staff, students and parents are aware of sources of support within school and in the local community. What support is available within our school and local community, who it is aimed at and how to access it is outlined in Appendix D.

We will display relevant sources of support in communal areas such as common rooms and toilets and will regularly highlight sources of support to students within relevant parts of the curriculum. Whenever we highlight sources of support, we will increase the chance of student help-seeking by ensuring students understand:

- What help is available
- Who it is aimed at
- How to access it
- Why to access it
- What is likely to happen next

Warning Signs

School staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should **always** be taken seriously and staff observing any of these warning signs should communicate their concerns with Miss Powell (DSL) or Miss Ireland (SMHL).

Possible warning signs include:

- Physical signs of harm that are repeated or appear non-accidental



- Changes in eating or sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to or absence from school
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism

Managing disclosures

A student may choose to disclose concerns about themselves or a friend to any member of staff so all staff need to know how to respond appropriately to a disclosure.

If a student chooses to disclose concerns about their own mental health or that of a friend to a member of staff, the member of staff's response should always be calm, supportive and non-judgemental.

Staff should listen rather than advise and our first thoughts should be of the student's emotional and physical safety rather than of exploring 'Why?'. For more information about how to handle mental health disclosures sensitively see appendix E.

All disclosures should be recorded in writing **on CPOMS** and held on the student's confidential file. This written record should include:

- Date
- The name of the member of staff to whom the disclosure was made
- Main points from the conversation
- Agreed next steps

This information should be shared with the DSL and mental health lead, Miss Powell, who will store the record appropriately and offer support and advice about next steps. See appendix F for guidance about making a referral to CAMHS.

Confidentiality

We should be honest with regard to the issue of confidentiality. If it is necessary for us to pass our concerns about a student on, then we should discuss with the student:

- Who we are going to talk to
- What we are going to tell them
- Why we need to tell them



We should never share information about a student without first telling them. Ideally, we would receive their consent, though there are certain situations when information must always be shared with another member of staff and / or a parent, particularly students up to the age of sixteen who are in danger of harm.

Parents must always be informed if there is a significant issue and the child is at risk of harm, and students may choose to tell their parents themselves. If this is the case, the student should be given 24 hours to share this information before the school contacts parents. We should always give students the option of us informing parents for them or with them.

If a child gives us reason to believe that there may be underlying child protection issues, parents should not be informed, but the Designated Safeguarding Lead should be informed immediately via **CPOMS**.

Working with Parents

Where it is deemed appropriate to inform parents, we need to be sensitive in our approach. Before disclosing to parents, we should consider the following questions (on a case by case basis):

- Can the meeting happen face to face? This is preferable.
- Where should the meeting happen? At school, at their home or somewhere neutral?
- Who should be present? Consider parents, the student, other members of staff.
- What are the aims of the meeting?

It can be shocking and upsetting for parents to learn of their child's issues and many may respond with anger, fear or upset during the first conversation. We should be accepting of this (within reason) and give the parent time to reflect.

We should always highlight further sources of information and give them leaflets to take away where possible as they will often find it hard to take much in whilst coming to terms with the news that you're sharing. Sharing sources of further support aimed specifically at parents can also be helpful too, e.g. parent helplines and forums.

We should always provide clear means of contacting us with further questions and consider booking in a follow-up meeting or phone call right away as parents often have many questions as they process the information. Finish each meeting with agreed next steps and always keep a brief record of the meeting on the child's confidential record.

Working with All Parents

Parents are often very welcoming of support and information from the school about supporting their children's emotional and mental health. In order to support parents, we will:

- Highlight sources of information and support about common mental health issues on our school website

- Ensure that all parents are aware of who to talk to, and how to go about this, if they have concerns about their own child or a friend of their child
- Make our mental health policy easily accessible to parents
- Share ideas about how parents can support positive mental health in their children through our regular information evenings
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home

Supporting Peers

When a student is suffering from mental health issues, it can be a difficult time for their friends. Friends often want to support but do not know how. In the case of self-harm or eating disorders, it is possible that friends may learn unhealthy coping mechanisms from each other. In order to keep peers safe, we will consider on a case by case basis which friends may need additional support. Support will be provided either in one to one or group settings and will be guided by conversations with the student who is suffering and their parents with whom we will discuss:

- What it is helpful for friends to know and what they should not be told
- How friends can best support
- Things friends should avoid doing or saying which may inadvertently cause upset
- Warning signs that their friend may need help (e.g. signs of relapse)

Additionally, we will want to highlight with peers:

- Where and how to access support for themselves
- Safe sources of further information about their friend's condition
- Healthy ways of coping with the difficult emotions they may be feeling

Staff wellbeing and mental health

It is widely accepted that in order for staff to be able to promote good wellbeing and positive mental health amongst students, they must be in a good place to do so themselves. The school offers access to the Lifeworks Forum who provide emotional support to staff who may be in need as well as support with health, family, money, work and many other aspects of life that may affect a person's overall well-being.

The school also has a well-being charter that outlines all things in place to support staff well-being (See Appendix H).

The school will always be supportive of any member of staff who may be suffering from a mental health issue, including stress, and would encourage staff to make their line manager or a colleague they trust aware if they feel they may be in need of support.

Training

As a minimum, all staff will receive regular training about recognising and responding to mental health issues as part of their regular child protection training to enable them to keep students safe.

We will host relevant information on our virtual learning environment for staff who wish to learn more about mental health. The [MindEd learning portal](#)¹ provides free online training suitable for staff wishing to know more about a specific issue.

Training opportunities for staff who require more in depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due developing situations with one or more students.

Where the need to do so becomes evident, we will host twilight training sessions for all staff to promote learning or understanding about specific issues related to mental health.

Suggestions for individual, group or whole school CPD should be discussed with Dr Kevin Geall, our CPD Coordinator, who can also highlight sources of relevant training and support for individuals as needed.

The [Charlie Waller Memorial Trust](#) provide funded training to schools on a variety of topics related to mental health including twilight, half day and full day INSET sessions. For further information email training@cwmt.org or call 01635 869754.

Mental Health Support Team

We have a Mental Health Support Team (MHST) based on site consisting of a number of Educational Mental Health Practitioners. The MHST has three core functions:

- to deliver evidence-based interventions for mild-to-moderate mental health issues;
- support the senior mental health lead (where established) in each school or college to introduce or develop whole school or college approach and;
- give timely advise to school and college staff, and liaise with external specialist services to help children and young people to get the right support and stay in education.

We work closely with the MHST to utilise their expertise in order to provide support for those students in need of it, as well as developing a whole school approach to positive mental well-being as a preventative measure.

¹ www.minded.org.uk



Policy Review

This policy will be reviewed every year as a minimum. It is next due for review in September 2023.

Additionally, this policy will be reviewed and updated as appropriate on an ad hoc basis. If you have a question or suggestion about improving this policy, this should be addressed to Miss S Ireland – sireland@samuelward.co.uk

This policy will always be immediately updated to reflect personnel changes.

Appendix A: Further information and sources of support about common mental health issues

Prevalence of Mental Health and Emotional Wellbeing Issues²

- One in six children aged 5 to 16 were identified as having a probable mental health problem in July 2021, a huge increase from one in nine in 2017. That's five children in every classroom.
- 83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse.
- The proportion of children and young people with possible eating disorders increased since 2017 from 6.7% to 13% in 11-16 year olds.
- Problems with sleep on three or more nights of the previous seven affected over a third (38.4%) of 11 – 16 year olds. This increased to 74.2% in those with a probable mental health disorder.
- 10.6% of 6-16 year olds missed more than 15 days of school during the 2020 Autumn term. Children with a probable mental disorder were twice as likely to have missed this much school (18.2%) as those unlikely to have a mental disorder (8.8%).
- The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of a psychiatric condition more than tripled between 2010 and 2018-19.
- One-third of mental health problems in adulthood are directly connected to an adverse childhood experience (ACE).
- Adults who experienced four or more adversities in their childhood are four times more likely to have low levels of mental wellbeing and life satisfaction.
- Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm.

² Source: NHS Survey 2021 https://files.digital.nhs.uk/97/B09EF8/mhcyp_2021_rep.pdf and [Young Minds](#)

- There has been a big increase in the number of young people being admitted to hospital because of self-harm. Over the last ten years this figure has increased by 68%.
- More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.
- Nearly 80,000 children and young people suffer from severe depression.
- The number of young people aged 15-16 with depression nearly doubled between the 1980s and the 2000s.
- Over 8,000 children aged under 10 years old suffer from severe depression.
- 3.3% or about 290,000 children and young people have an anxiety disorder.
- 72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society.

Below, we have sign-posted information and guidance about the issues most commonly seen in school-aged children. The links will take you through to the most relevant page of the listed website. Some pages are aimed primarily at parents but they are listed here because we think they are useful for school staff too.

Support on all these issues can be accessed via [Young Minds](#) (www.youngminds.org.uk), [Mind](#) (www.mind.org.uk) and (for e-learning opportunities) [Minded](#) (www.minded.org.uk).

Self-harm

Self-harm describes any behaviour where a young person causes harm to themselves in order to cope with thoughts, feelings or experiences they are not able to manage in any other way. It most frequently takes the form of cutting, burning or non-lethal overdoses in adolescents, while younger children and young people with special needs are more likely to pick or scratch at wounds, pull out their hair or bang or bruise themselves.

Online support

[SelfHarm.co.uk](#): www.selfharm.co.uk

[National Self-Harm Network](#): www.nshn.co.uk

Books

Pooky Knightsmith (2015) *Self-Harm and Eating Disorders in Schools: A Guide to Whole School Support and Practical Strategies*. London: Jessica Kingsley Publishers

Keith Hawton and Karen Rodham (2006) *By Their Own Young Hand: Deliberate Self-harm and Suicidal Ideas in Adolescents*. London: Jessica Kingsley Publishers

Carol Fitzpatrick (2012) *A Short Introduction to Understanding and Supporting Children and Young People Who Self-Harm*. London: Jessica Kingsley Publishers

Depression



Ups and downs are a normal part of life for all of us, but for someone who is suffering from depression these ups and downs may be more extreme. Feelings of failure, hopelessness, numbness or sadness may invade their day-to-day life over an extended period of weeks or months, and have a significant impact on their behaviour and ability and motivation to engage in day-to-day activities.

Online support

Depression Alliance: www.depressionalliance.org/information/what-depression

Books

Christopher Dowrick and Susan Martin (2015) *Can I Tell you about Depression?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Anxiety, panic attacks and phobias

Anxiety can take many forms in children and young people, and it is something that each of us experiences at low levels as part of normal life. When thoughts of anxiety, fear or panic are repeatedly present over several weeks or months and/or they are beginning to impact on a young person's ability to access or enjoy day-to-day life, intervention is needed.

Online support

Anxiety UK: www.anxietyuk.org.uk

Books

Lucy Willetts and Polly Waite (2014) *Can I Tell you about Anxiety?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Carol Fitzpatrick (2015) *A Short Introduction to Helping Young People Manage Anxiety*. London: Jessica Kingsley Publishers

Obsessions and compulsions

Obsessions describe intrusive thoughts or feelings that enter our minds which are disturbing or upsetting; compulsions are the behaviours we carry out in order to manage those thoughts or feelings. For example, a young person may be constantly worried that their house will burn down if they don't turn off all switches before leaving the house. They may respond to these thoughts by repeatedly checking switches, perhaps returning home several times to do so. Obsessive compulsive disorder (OCD) can take many forms – it is not just about cleaning and checking.

Online support

OCD UK: www.ocduk.org/ocd

Books

Amita Jassi and Sarah Hull (2013) *Can I Tell you about OCD?: A guide for friends, family and professionals*. London: Jessica Kingsley Publishers

Susan Conners (2011) *The Tourette Syndrome & OCD Checklist: A practical reference for parents and teachers*. San Francisco: Jossey-Bass



Suicidal feelings

Young people may experience complicated thoughts and feelings about wanting to end their own lives. Some young people never act on these feelings though they may openly discuss and explore them, while other young people die suddenly from suicide apparently out of the blue.

Online support

Prevention of young suicide UK – PAPYRUS: www.papyrus-uk.org

On the edge: ChildLine spotlight report on suicide: www.nspcc.org.uk/preventing-abuse/research-and-resources/on-the-edge-childline-spotlight/

Books

Keith Hawton and Karen Rodham (2006) *By Their Own Young Hand: Deliberate Self-harm and Suicidal Ideas in Adolescents*. London: Jessica Kingsley Publishers

Terri A. Erbacher, Jonathan B. Singer and Scott Poland (2015) *Suicide in Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention*. New York: Routledge

Eating problems

Food, weight and shape may be used as a way of coping with, or communicating about, difficult thoughts, feelings and behaviours that a young person experiences day to day. Some young people develop eating disorders such as anorexia (where food intake is restricted), binge eating disorder and bulimia nervosa (a cycle of bingeing and purging). Other young people, particularly those of primary or preschool age, may develop problematic behaviours around food including refusing to eat in certain situations or with certain people. This can be a way of communicating messages the child does not have the words to convey.

Online support

Beat – the eating disorders charity: www.b-eat.co.uk/about-eating-disorders

Eating Difficulties in Younger Children and when to worry:
www.inourhands.com/eating-difficulties-in-younger-children

Books

Bryan Lask and Lucy Watson (2014) *Can I tell you about Eating Disorders?: A Guide for Friends, Family and Professionals*. London: Jessica Kingsley Publishers

Pooky Knightsmith (2015) *Self-Harm and Eating Disorders in Schools: A Guide to Whole School Support and Practical Strategies*. London: Jessica Kingsley Publishers

Pooky Knightsmith (2012) *Eating Disorders Pocketbook*. Teachers' Pocketbooks

Appendix B: Guidance and advice documents

[Mental health and behaviour in schools](#) - departmental advice for school staff. Department for Education (2014)

[Counselling in schools: a blueprint for the future](#) - departmental advice for school staff and counsellors. Department for Education (2015)

[Teacher Guidance: Preparing to teach about mental health and emotional wellbeing](#) (2015). PSHE Association. Funded by the Department for Education (2015)

[Keeping children safe in education](#) - statutory guidance for schools and colleges. Department for Education (2014)

[Supporting pupils at school with medical conditions](#) - statutory guidance for governing bodies of maintained schools and proprietors of academies in England. Department for Education (2014)

[Healthy child programme from 5 to 19 years old](#) is a recommended framework of universal and progressive services for children and young people to promote optimal health and wellbeing. Department of Health (2009)

[Future in mind – promoting, protecting and improving our children and young people's mental health and wellbeing](#) - a report produced by the Children and Young People's Mental Health and Wellbeing Taskforce to examine how to improve mental health services for children and young people. Department of Health (2015)

[NICE guidance on social and emotional wellbeing in primary education](#)

[NICE guidance on social and emotional wellbeing in secondary education](#)

[What works in promoting social and emotional wellbeing and responding to mental health problems in schools?](#) Advice for schools and framework document written by Professor Katherine Weare. National Children's Bureau (2015)

Appendix C: Data Sources

[Children and young people's mental health and wellbeing profiling tool](#) collates and analyses a wide range of publicly available data on risk, prevalence and detail (including cost data) on those services that support children with, or vulnerable to, mental illness. It enables benchmarking of data between areas.

[ChiMat school health hub](#) provides access to resources relating to the commissioning and delivery of health services for school children and young people and its associated good practice, including the new service offer for school nursing.

[Health behaviour of school age children](#) is an international cross-sectional study that takes place in 43 countries and is concerned with the determinants of young people's health and wellbeing.

Appendix D: Sources or support at school and in the local community

See Appendix G for a full list of support

School Based Support

School counselling service

We are able to refer students to the school counsellor for weekly or fortnightly 50 minute sessions with one of our trained counsellors. Students are seen in order of category of need and this is triaged by Miss Powell, Mental Health Lead and counselling line manager. A referral can be completed by any member of staff and the best course of action will be decided by Miss Powell – it may be that another method of support is more appropriate in the short-term. If a referral to the counsellor is deemed most appropriate, students will be seen for an assessment and then allocated a regular slot or a slot on the waiting list, according to demands.

School nurse drop in

This should be the first point of call for any student struggling with their emotional or mental health or wellbeing. The school nurses are available for a drop-in on Thursday lunchtimes in the Wellbeing Centre (behind the pavilion). Referrals can also be made to the school nurses by the inclusion or safeguarding team, and students will be offered an appointment. Parental consent for U16s is needed to make a formal referral, but students can attend the drop-in confidentially. Students can also use the school nurse text messaging service directly to organise an appointment with the school nurse in school. Students can find details of this service on posters around the school, or they can ask a member of the inclusion or safeguarding team for details.

Mental Health First Aiders (MHFAs)

4 members of staff are trained as Mental Health youth First Aiders. These are Miss Powell, Miss Coe, Ms Cripps and Mr Ford. 3 members of staff are trained as Mental Health Youth Champions. These are Miss Ireland, Miss Stevens and Miss Bennett. These staff are trained to offer advice to students regarding their mental and emotional health and signpost appropriate places for further support. They use the ALGEE method of assessment in order to do this effectively and safely.

Ask, assess and act

Listen, non-judgementally

Give reassurance and information

Enable the young person to get appropriate professional help

Encourage self-help strategies

The Study

The study is an intervention room staffed by Mrs Jarvis and Mrs Anderson. This is a calm place where students have access to 1:1 support or group sessions focused on particular areas of need such as anger management, social skills etc. Mrs Jarvis is trained in trauma informed approaches as well as being an ELSA (Emotional Literacy Support Assistant). Each day the study also has a canine visitor (pet dogs kindly borrowed from members of staff) for students to interact with. The study also offers a break and lunchtime club which offers students a quiet, calm and safe space to spend their social times. Referrals to the study can be made by the inclusion team.



Primary Mental Health Worker (PMHW)

A member of the inclusion team or safeguarding team may consider a referral to the Primary Mental Health Worker necessary if a student is displaying symptoms of a new or emerging mental health condition. A referral will be discussed with the PMHW in advance. They will either accept the referral or suggest that a referral to the school nurse be made in the first instance. If the PMHW does accept a referral, they will initially meet the student at home with a parent or carer and then agree a short-term plan of action.

GPs can also make referrals to the Primary Mental Health Worker.

Student support groups

We run student support groups for issues such as self-harm, anxiety, stress, family issues, anger management, bereavement, self-esteem and social skills. These sessions are run through our study room or the Mental Health Support Team. If a student feels they may benefit from joining one of these groups, they should contact their Inclusion Officer. There is also a 6th form exam stress group run by Miss Coe.

Inclusion Officers:

Year 7 – Mr Ford

Year 8 – Ms Greenaway

Year 9 – Ms Carr

Year 10 – Mrs Wheeler and Ms Chilvers

Year 11 – Miss Pawley

Self-help:

There is an area of the library called "Shelf Help" which contains books and leaflets on mental health issues which students can borrow or keep. We also recommend the "Calm Harm" app for self-harm/anxiety/stress issues as well as Headspace for anxiety/mindfulness techniques. Students are also taught self-help techniques through assemblies and Personal Development lessons.

Turning Point

The school can make a referral to Turning Point if a student is struggling with substance misuse issues including addiction (alcohol or drugs).

Turning Point Helpline - **0300 1230872**

<http://wellbeing.turning-point.co.uk/suffolk/>

CBT

Miss Coe is trained in basic level CBT (Cognitive Behavioural Therapy) which can be used to offer support for those suffering with anxiety or mood issues. This is primarily suitable for the 6th form students but may be available to other students in certain circumstances.

Local Support

4YP (Suffolk Young People's Health Project)

Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and co-ordinates services that improve the social, emotional, and physical



health and wellbeing of young people in Suffolk, aged 12-25. They have a base at Haverhill House. The school are able to refer to 4YP or students are able to refer themselves directly.

<http://www.4yp.org.uk/>

Anglia Care Trust

Independent Student Advice is a free service provided by Anglia Care Trust to support young people to stay in education and to improve their levels of attendance, achievement and wellbeing. They accept referrals from schools and professionals across Suffolk.

The service is available to young people:

- Who are within full time Primary, Secondary or Further education
- Who live in the Suffolk area
- And who are willing and able to engage with the service and keep regular contact with their Independent Student Adviser.

Students should speak to Miss Powell or Miss Coe (6th Form) if they feel they would benefit from a referral to this service.

<https://angliacaretrust.org.uk/>

The Source

Information, advice and support for young people in Suffolk. The website offers a wide range of support and also offers a Live 1-1 chat service on Mondays, Tuesdays and Wednesdays from 5-7pm.

<http://www.thesource.me.uk/>

The Samaritans

The school has strong links with the local Samaritans branch who have provided resources and visited the school to promote their charity to staff and students. The Samaritans can be contacted 24/7 on 116 123 (UK & ROI)

www.samaritans.org/

Kooth

Kooth is an anonymous, free online counselling and emotional wellbeing support service providing young people aged 11-25 years with access to support from a professional team of qualified counsellors.

Kooth offers young people throughout Suffolk a safe place where they can:

- Access live text based counselling sessions or use a messaging service.
- Seek support or advice about anything they are worried about
- Browse through a wide range of self-help materials and mini activities
- Share their experiences with others through live moderated forums



- Track thoughts and feelings through journals and goal trackers.

Students can register on Kooth.com for free. Support is available 365 days a year and counsellors are available online from 12pm-10pm weekdays, and 6pm-10pm weekends.

The Emotional Wellbeing Hub

This is a service that provides information, advice and support for anyone concerned about the emotional wellbeing and mental health of a child or young person aged 0 to 25 years. They work closely with Barnardo's and referrals to this service can be made by the GP or by parents directly online or by phone. You can find more details on the website below.

<https://www.suffolk.gov.uk/children-families-and-learning/children-and-young-peoples-mental-health-and-emotional-wellbeing-support/suffolk-children-and-young-peoples-emotional-wellbeing-hub/>

Appendix E: Talking to students when they make mental health disclosures

The advice below is from students themselves, in their own words, together with some additional ideas to help you in initial conversations with students when they disclose mental health concerns. This advice should be considered alongside relevant school policies on pastoral care and child protection and discussed with relevant colleagues as appropriate.

Focus on listening

“She listened, and I mean REALLY listened. She didn’t interrupt me or ask me to explain myself or anything, she just let me talk and talk and talk. I had been unsure about talking to anyone but I knew quite quickly that I’d chosen the right person to talk to and that it would be a turning point.”

If a student has come to you, it's because they trust you and feel a need to share their difficulties with someone. Let them talk. Ask occasional open questions if you need to in order to encourage them to keep exploring their feelings and opening up to you. Just letting them pour out what they're thinking will make a huge difference and marks a huge first step in recovery. Up until now they may not have admitted even to themselves that there is a problem.

Don't talk too much

“Sometimes it’s hard to explain what’s going on in my head – it doesn’t make a lot of sense and I’ve kind of gotten used to keeping myself to myself. But just ‘cos I’m struggling to find the right words doesn’t mean you should help me. Just keep quiet, I’ll get there in the end.”

The student should be talking at least three quarters of the time. If that's not the case then you need to redress the balance. You are here to listen, not to talk. Sometimes the conversation may lapse into silence. Try not to give in to the urge to fill the gap, but rather wait until the student does so. This can often lead to them exploring their feelings more deeply. Of course, you should interject occasionally, perhaps with questions to the student to explore certain topics they've touched on more deeply, or to show that you understand and are supportive. Don't feel an urge to over-analyse the situation or try to offer answers. This all comes later. For now your role is simply one of supportive listener. So make sure you're listening!



Don't pretend to understand

"I think that all teachers got taught on some course somewhere to say 'I understand how that must feel' the moment you open up. YOU DON'T – don't even pretend to, it's not helpful, it's insulting."

The concept of a mental health difficulty such as an eating disorder or obsessive compulsive disorder (OCD) can seem completely alien if you've never experienced these difficulties first hand. You may find yourself wondering why on earth someone would do these things to themselves, but don't explore those feelings with the sufferer. Instead listen hard to what they're saying and encourage them to talk and you'll slowly start to understand what steps they might be ready to take in order to start making some changes.

Don't be afraid to make eye contact

"She was so disgusted by what I told her that she couldn't bear to look at me."

It's important to try to maintain a natural level of eye contact (even if you have to think very hard about doing so and it doesn't feel natural to you at all). If you make too much eye contact, the student may interpret this as you staring at them. They may think that you are horrified about what they are saying or think they are a 'freak'. On the other hand, if you don't make eye contact at all then a student may interpret this as you being disgusted by them – to the extent that you can't bring yourself to look at them. Making an effort to maintain natural eye contact will convey a very positive message to the student.

Offer support

"I was worried how she'd react, but my Mum just listened then said 'How can I support you?' – no one had asked me that before and it made me realise that she cared. Between us we thought of some really practical things she could do to help me stop self-harming."

Never leave this kind of conversation without agreeing next steps. These will be informed by your conversations with appropriate colleagues and the schools' policies on such issues. Whatever happens, you should have some form of next steps to carry out after the conversation because this will help the student to realise that you're working with them to move things forward.

Acknowledge how hard it is to discuss these issues

"Talking about my bingeing for the first time was the hardest thing I ever did. When I was done talking, my teacher looked me in the eye and said 'That must have been really tough' – he was right, it

was, but it meant so much that he realised what a big deal it was for me."

It can take a young person weeks or even months to admit to themselves they have a problem, themselves, let alone share that with anyone else. If a student chooses to confide in you, you should feel proud and privileged that they have such a high level of trust in you. Acknowledging both how brave they have been, and how glad you are they chose to speak to you, conveys positive messages of support to the student.

Don't assume that an apparently negative response is actually a negative response

"The anorexic voice in my head was telling me to push help away so I was saying no. But there was a tiny part of me that wanted to get better. I just couldn't say it out loud or else I'd have to punish myself."

Despite the fact that a student has confided in you, and may even have expressed a desire to get on top of their illness, that doesn't mean they'll readily accept help. The illness may ensure they resist any form of help for as long as they possibly can. Don't be offended or upset if your offers of help are met with anger, indifference or insolence; it's the illness talking, not the student.

Never break your promises

"Whatever you say you'll do you have to do or else the trust we've built in you will be smashed to smithereens. And never lie. Just be honest. If you're going to tell someone just be upfront about it, we can handle that, what we can't handle is having our trust broken."

Above all else, a student wants to know they can trust you. That means if they want you to keep their issues confidential and you can't then you must be honest. Explain that, whilst you can't keep it a secret, you can ensure that it is handled within the school's policy of confidentiality and that only those who need to know about it in order to help will know about the situation. You can also be honest about the fact you don't have all the answers or aren't exactly sure what will happen next. Consider yourself the student's ally rather than their saviour and think about which next steps you can take together, always ensuring you follow relevant policies and consult appropriate colleagues.



Appendix F: What makes a good CAMHS referral?³

If the referral is urgent it should be initiated by phone so that CAMHS can advise of best next steps

Before making the referral, have a clear outcome in mind. What do you want CAMHS to do? You might be looking for advice, strategies, support or a diagnosis, for instance.

You must also be able to provide evidence to CAMHS about what intervention and support has been offered to the pupil by the school and the impact of this. CAMHS will always ask 'What have you tried?' so be prepared to supply relevant evidence, reports and records.

General considerations

- Have you met with the parent(s) or carer(s) and the referred child or children?
- Has the referral to CMHS been discussed with a parent or carer and the referred pupil?
- Has the pupil given consent for the referral?
- Has a parent or carer given consent for the referral?
- What are the parent or carer pupil's attitudes to the referral?

Basic information

- Is there a child protection plan in place?
- Is the child looked after?
- Name and date of birth of referred child/children
- Address and telephone number
- Who has parental responsibility?
- Surnames if different to child's
- GP details
- What is the ethnicity of the pupil / family?
- Will an interpreter be needed?
- Are there other agencies involved?

Reason for referral

- What are the specific difficulties that you want CAMHS to address?
- How long has this been a problem and why is the family seeking help now?
- Is the problem situation-specific or more generalised?
- Your understanding of the problem or issues involved.

Further helpful information

- Who else is living at home and details of separated parents if appropriate
- Name of school
- Who else has been or is professionally involved and in what capacity?

³ Adapted from Surrey and Border NHS Trust

- Has there been any previous contact with our department?
- Has there been any previous contact with social services?
- Details of any known protective factors
- Any relevant history i.e. family, life events and/or developmental factors
- Are there any recent changes in the pupil's or family's life?
- Are there any known risks, to self, to others or to professionals?
- Is there a history of developmental delay e.g. speech and language delay
- Are there any symptoms of ADHD/ASD and if so have you talked to the educational psychologist?

The screening tool on the following page will help guide you as to whether or not a CAMHS referral is appropriate.



Raising awareness fighting depression

www.cwmt.org.uk

INVOLVEMENT WITH CAMHS		DURATION OF DIFFICULTIES	
	Current CAMHS involvement – END OF SCREEN*		1-2 weeks
	Previous history of CAMHS involvement		Less than a month
	Previous history of medication for mental health issues		1-3 months
	Any current medication for mental health issues		More than 3 months
	Developmental issues e.g. ADHD, ASD, LD		More than 6 months

* Ask for consent to telephone CAMHS clinic for discussion with clinician involved in young person's care

Tick the appropriate boxes to obtain a score for the young person's mental health needs.

MENTAL HEALTH SYMPTOMS	
1	Panic attacks (overwhelming fear, heart pounding, breathing fast etc.)
1	Mood disturbance (low mood – sad, apathetic; high mood – exaggerated / unrealistic elation)
2	Depressive symptoms (e.g. tearful, irritable, sad)
1	Sleep disturbance (difficulty getting to sleep or staying asleep)
1	Eating issues (change in weight / eating habits, negative body image, purging or binging)
1	Difficulties following traumatic experiences (e.g. flashbacks, powerful memories, avoidance)
2	Psychotic symptoms (hearing and / or appearing to respond to voices, overly suspicious)
2	Delusional thoughts (grandiose thoughts, thinking they are someone else)
1	Hyperactivity (levels of overactivity & impulsivity above what would be expected; in all settings)
2	Obsessive thoughts and/or compulsive behaviours (e.g. hand-washing, cleaning, checking)

Impact of above symptoms on functioning - circle the relevant score and add to the total

Little or none	Score = 0	Some	Score = 1	Moderate	Score = 2	Severe	Score = 3
----------------	-----------	------	-----------	----------	-----------	--------	-----------

HARMING BEHAVIOURS	
1	History of self harm (cutting, burning etc)
1	History of thoughts about suicide
2	History of suicidal attempts (e.g. deep cuts to wrists, overdose, attempting to hang self)
2	Current self harm behaviours
2	Anger outbursts or aggressive behaviour towards children or adults
5	Verbalised suicidal thoughts* (e.g. talking about wanting to kill self / how they might do this)
5	Thoughts of harming others* or actual harming / violent behaviours towards others

* If yes – call CAMHS team to discuss an urgent referral and immediate risk management strategies



Raising awareness fighting depression

www.cwmt.org.uk

Social setting - for these situations you may also need to inform other agencies (e.g. Child Protection)					
Family mental health issues		Physical health issues			
History of bereavement/loss/trauma		Identified drug / alcohol use			
Problems in family relationships		Living in care			
Problems with peer relationships		Involved in criminal activity			
Not attending/functioning in school		History of social services involvement			
Excluded from school (FTE, permanent)		Current Child Protection concerns			

How many social setting boxes have you ticked? Circle the relevant score and add to the total

0 or 1	Score = 0	2 or 3	Score = 1	4 or 5	Score = 2	6 or more	Score = 3
--------	-----------	--------	-----------	--------	-----------	-----------	-----------

Add up all the scores for the young person and enter into Scoring table:

Score 0-4	Score 5-7	Score 8+
Give information/advice to the young person	Seek advice about the young person from CAMHS Primary Mental Health Team	Refer to CAMHS clinic

***** If the young person does not consent to you making a referral,
you can speak to the appropriate CAMHS service anonymously for advice *****

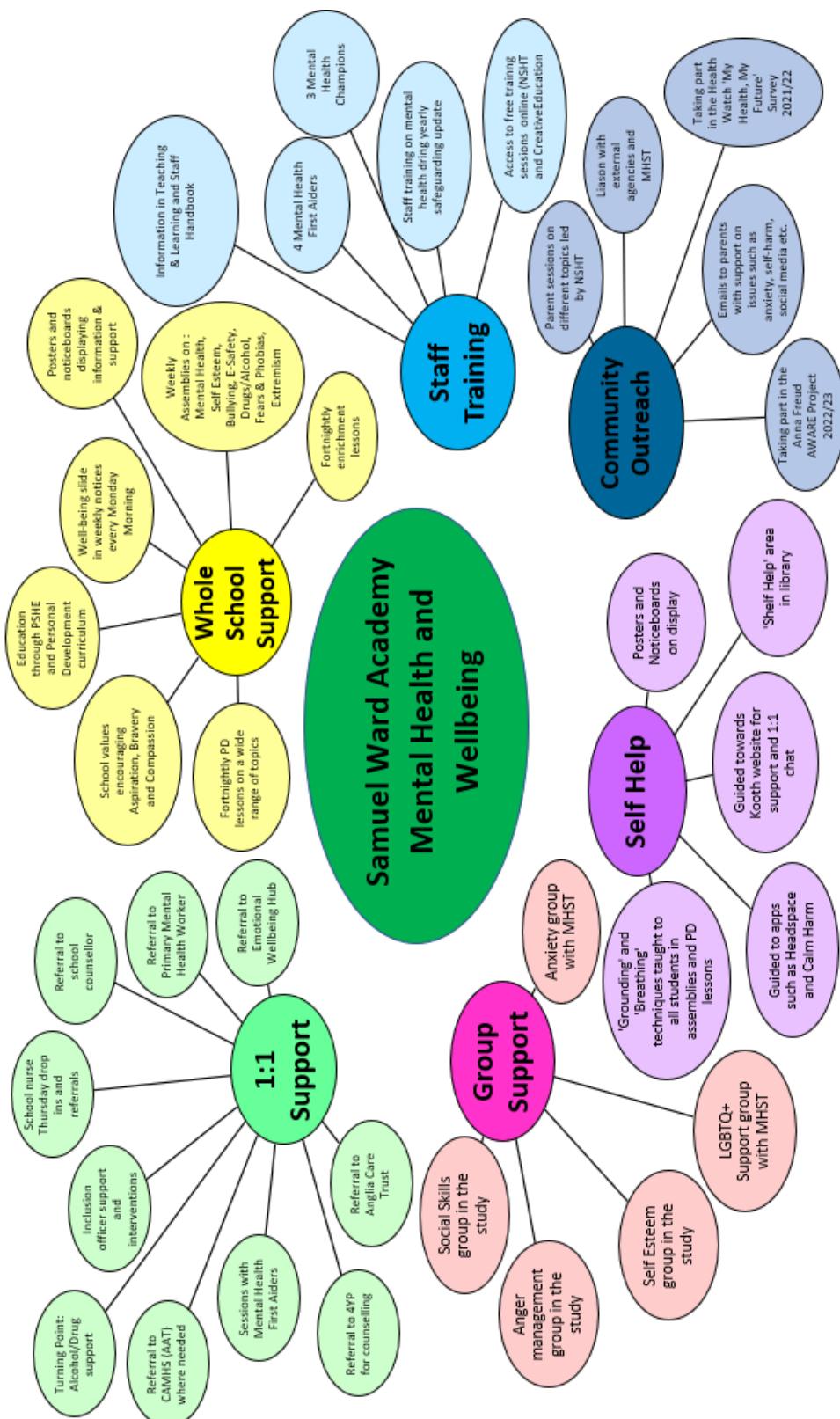
RATIFIED BY THE GOVERNING BODY ON _____



Raising awareness fighting depression

www.cwmt.org.uk

Appendix G: Full mind-map of school support



Appendix H: Staff Wellbeing Charter

Our staff wellbeing charter.



We work in education because we want to help young people grow into successful, responsible adults. That is both a privilege and a responsibility and it requires expertise and resilience on our part. We do our jobs best when we are highly skilled, confident practitioners working in supportive

teams with strong leadership. We welcome stability and predictability just like the students do. The students rely on us and we have a responsibility both individually and as an organisation to ensure that we take care of ourselves and each other so that we are able to take care of them.

We therefore commit to the following steps:	1	2	3	4	5	6
	We will observe each other with compassion and, when we see that someone appears unhappy or upset, will take the time to talk to them.	We will embrace and support flexible working where possible.	We will consider work-life balance in our strategic planning.	We will continue to offer one day a year of paid leave for every member of staff as a wellbeing day.	We will offer high quality, continuous professional development for all, with career development mentoring available for any who want it.	We will allocate one hour a week from the directed time budget to PPA or wellbeing activities which staff may undertake in or out of school.
7	8	9	10	11	12	13
We will recognise staff effectiveness with personal postcards*.	We will ensure that there is a senior leader on call every period of every day to support staff with student behaviour.	We will organise detentions centrally and staff them with senior leaders.	We will provide free tea and coffee in the staff room.	We will help staff to return to work after a period of illness with adaptions or adjustments where possible.	We will publicise the care-first wellbeing service widely around adult spaces in the school.	We will convene in a wellbeing forum to discuss ways to further enhance and secure staff wellbeing.

Excellent schools start with excellent staff.

Thank you for all you do.

* If you would like to nominate a colleague, please email Kirsty with brief details.



Raising awareness fighting depression

www.cwmt.org.uk

Appendix I: Early Help Offer



Samuel Ward Academy Early Help Offer

At Samuel Ward Academy, we recognise the importance of early help to offer support to meet the needs of students.

Early Help is everybody's responsibility: together we will make sure that children, young people and their families are safe, happy and ready for school, work and life's challenges.

Early Help means better outcomes for children and families.

Effective Early Help will resolve problems before they become overwhelming and require high cost, reactive services. Early Help enables children to be ready for school and more likely to achieve their full potential. We offer comprehensive student support and guidance, to ensure that the personal wellbeing of our students is catered for and that barriers to learning can be removed.

Below is a summary of our Early help interventions. If you feel your son/daughter may benefit from one of these interventions, please contact their Head of Year in the first instance.



Raising awareness fighting depression

www.cwmt.org.uk

Early Help Intervention	Year Group/ Target Group	Summary of intervention
Inclusion Officer Support	All	Inclusion Officer to work on a one to one basis with students who have an identified need, whether that be social, emotional, behavioural or academic
Tutor	All	All students have an allocated tutor who they see on a daily basis. This is their first point of contact for any issues, and parents also have email access to their child's tutor. Tutors are responsible for overseeing the academic and pastoral wellbeing of their group, and liaising with other staff within the school as required to ensure that the appropriate support is in place as soon as a need is identified.
The Study	All	The Study provides a quiet, safe space for those students struggling to access education in general, to those needing extra individual study time, for those needing 1:1 support with specific areas such as anxiety, self-esteem, self-regulation and group work such as social skills. It gives those struggling to access school at all a place to come and study, providing a stepping stone back into the classroom and therefore avoiding non-attendance. We also run a lunch club from The Study every day for students who struggle with the noise and busyness of lunchtime.
ELSA Support	All	The ELSA (Emotional Literacy Support Assistant) intervention is used to support the emotional needs of our students. This is achieved by trained staff who develop and deliver individualised support programmes to meet the emotional needs of the students in our care. It recognises that children learn better and are happier in school if their emotional needs are also addressed. Most ELSA programmes will last for 6 to 12 weeks, helping the pupil to learn some specific new skills or coping strategies.
Social Skills Group	All	For students who may appear isolated or being struggling with social interaction or peers. Sessions are run in The Study.
School Nursing Team	All	School nurses are available on a monthly basis at a lunchtime (in the Wellbeing Centre; dates vary each month but are displayed on posters around the school). They can see students with medical or wellbeing needs, including sexual health and contraception. A student can attend the drop-in at lunchtime without a referral, or an appointment can be offered if a referral is made by a member of the Inclusion or Safeguarding team.
CISS (County Inclusion Support Service)	Yr 7-11	This is an outreach service for Suffolk mainstream schools seeking additional support for pupils with: a diagnosis of ASD, traits of ASD but no diagnosis, social and communication difficulties, social, emotional and mental health difficulties and all associated behaviours. For a referral to be made, the issues are usually having a significant impact on the daily school life of a pupil.
Personalised Timetable	All	Students who have particular medical needs, whether this is linked to physical or mental health, may be offered a bespoke timetable in conjunction with advice from their hospital consultant, the Educational Welfare Officer or by discussion with their Head of Year and the Assistant Headteacher (Pastoral). Each case will be considered on a case-by-case basis.
Referral to 4YP	All	4YP is a charity for children and young people who offer short-term time-limited counselling. The company are based in Ipswich but counselling sessions take place in Haverhill, usually for around 6-8 weeks. Referrals can be made by the Inclusion or safeguarding team if there is an identified need.



Raising awareness fighting depression

www.cwmt.org.uk

Self-Esteem Group: "In search of me."	All	Run by an Inclusion Officer or in the Study, students can be referred for 1-to-1 or small group support which aims to build and develop their self-esteem.
An Introduction to CBT	All	Miss Coe is trained in CBT (Cognitive Behavioural Therapy). Students suffering with anxiety issues or low mood in particular can have 1-to-1 or small group sessions with Miss Coe to work on making positive changes in their thinking patterns.
Junior Signpost (Well-being)	Year 8-11	10 week course run by ONE Haverhill which aims to focus on building self-esteem and confidence. Students can be referred via the school to this after-school off-site intervention which includes activities such as arts and crafts and sports.
Anger Management	All	1-to-1 or small group intervention lead by an Inclusion Officer or in The Study for students who are struggling with anger management and emotional regulation.
Exam Stress Management	Years 11-13	A 6 week programme of either group or 1 to 1 support on coping with exam stress and healthy coping mechanisms.
Family Issues Group	All	1 to 1 or small group support for young people who may be suffering from difficult times at home for a variety of reasons. Lead by an Inclusion Officer.
Breakfast Club	All	Breakfast is available each day from 8am in C block breakout area. Pupils and staff can eat breakfast together and chat. Pupils who are entitled to free school meals are entitled to a 60p per day breakfast allowance. Other students can purchase breakfast for as little as 10p for a slice of toast. There is also a literacy breakfast club 8:00-8:30 three mornings a week for extra interventions for reading/comprehension work, spellings or revision in B10
Lunch Club	Years 7-11	A daily safe space in the Study where students can come to have their lunch away from main areas. Some of the students that attend benefit from social interaction, reduced sensory stimulation and adult support with eating and communicating.
Young Carer support	All years	Working in partnership with Suffolk Young carers we offer regular drop-in sessions with our young carers support worker and can make referrals for support for young people who are supporting a family member with a physical or mental illness. The school has achieved the Young Carers Silver Award in recognition for its support for young carers.
Homework club	Years 7-11	Homework support Tuesday and Thursday in various locations dependent on year group. Students may opt-in or be required to attend as directed by their Tutor, Inclusion Office or Head of Year. Homework Club also runs on Monday, Tuesday and Wednesday lunchtimes for all year groups in C2
Mental Health First Aider Support	All years	The school has 3 qualified Mental Health First Aiders who can work with students who may be struggling with mental health issues to identify whether there is a need for a referral for further support or whether support can be offered in school.
Kooth	All years	www.kooth.com . Students can be signposted to the Kooth website, which offers free online counselling support for young people aged 12-25, available every day until 10pm.



Raising awareness fighting depression

www.cwmt.org.uk

Referral to Careers Advisor	All years	Particularly for students in KS4 and 5 but open to all years, any student needing advice on future careers or further education can see our careers advisor, Mrs Singleton, who is based in the library. She is available at break and lunchtimes or students can be referred via any member of staff.
Referral to Turning Point	All years	Turning Point are an external agency who offer 1-to-1 support for young people who may be struggling with drug or alcohol issues. After completion of a DUST assessment (Drug Use Screening Tool) with a member of the safeguarding team, a referral can be made.
Referral to School Counsellor	All years	Students with ongoing issues who may have tried other forms of support with limited success may be referred to the school counselling service for longer-term support. Referrals can be made by a member of the Inclusion or Safeguarding Team for a variety of issues.
Online Safety Intervention Group	Years 7/8	For young people who may need support in the safe use of the internet, particularly social media. Students can be referred after a member of staff has raised concerns or if a student is considered to be vulnerable.
Self-Help	All years	Students may be guided towards self-help strategies. The school has a variety of support leaflets and a "Shelf Help" area in the library with books and resources to support a wide range of issues linked to wellbeing. Students may also be guided towards useful apps such as "Calm Harm" (for self-harm) or Headspace.
Alumina Self-Harm Support Group	All years	If a student is struggling with self-harm, they may be referred to the school nurse and/or the Alumina programme. This is a 6 week course run by a member of the safeguarding team for up to 6 students at a time. The course aims to look at safe alternatives to self-harm and coping strategies.
SEND Assessments	All years	Standardised assessments for any student where it is felt by staff or parents that an SEND need may be a barrier to achievement. Used to identify strengths and distinguish SEN needs from general underachievement and to identify eligibility for exam access arrangements.
Key Worker Programme	All years	Pupils with more complex special educational needs are given a key worker (a member of the SEND team). The job of the key worker is to liaise with staff, parents and the pupil to ensure that needs are being met and information is passed quickly and easily to relevant parties. Key workers complete a one page profile with the student each term and ensure this is kept up to date.
ASC Support	All years	Pupils with ASC or ASC traits are supported by the school's ASC coordinator. The ASC coordinator is a qualified and experienced teacher of pupils with ASC and can provide support for the pupil, parents and other staff. Advice can be given where needed and strategies provided to best support the pupil within the school.
SPSF	Years 7-11	Pupils in years 7-11 who may be struggling with school life may be offered a Suffolk Pupil Support Framework. This is a 16 week support programme, largely focused on behavioural, social and emotional support, and involves fortnightly meetings with school, parents and the child to set and review targets.
Literacy and Numeracy Interventions	All years	Catch-up literacy/numeracy, LEXIA, Sound Discovery Synthetic Phonics, word reading, reading comprehension, spelling, in-class support and extraction groups are available for identified students who may be struggling with aspects of literacy or numeracy.



Raising awareness fighting depression

www.cwmt.org.uk

Speech and language intervention	All years	<p>For students identified by the county Speech and Language Service as requiring speech and language intervention. The Deputy SENDCo is an ELKLAN-trained HLTA and can offer time-limited targeted intervention in consultation with the Speech and Language therapists.</p> <p>ELKLAN is a specific programme to support identified areas of difficulty in speech and language.</p>
Sensory Support	All years	<p>Students with issues with sensory areas such as hearing or visual impairments will be allocated a keyworker to work with them on ensuring they can access the curriculum, making adaptations to their environments where necessary, meeting with the student and sharing strategies and advice with staff.</p>
Motor skills support	All years	<p>For students who have difficulty with fine motor skills. Includes specialist pens, writing slopes, laptop use and touch typing.</p>
Prince's Trust	Years 10-11	<p>Prince's Trust is a national organisation, set up by The Prince of Wales, offering 'life skills' courses to vulnerable young people to improve outcomes. It is aimed at students who fall into the typical 'social exclusion' risk groups, and at school we offer it to selected KS4 students with SEN and/or social, emotional or behavioural difficulties. It is offered instead of one GCSE subject. Group sizes are necessarily very small. It covers things like skills for work experience, applying for a job, writing a CV, staying healthy, managing money etc</p>
Attendance Support	All years	<p>Pupils with low or declining attendance will be offered early support by their Year team. This may be in the form of home visits, mentoring, early intervention meetings, Inclusion Officer support or other interventions detailed above depending on need.</p> <p>Where there are significant or persistent attendance concerns, the school may also involve the Educational Welfare Officer (EWO) for further support and advice.</p>
External Agency Support	All years	<p>The school work closely with external agencies to access additional support where appropriate, for example, CAMHS (Children and Young People's Mental Health Services) , EWO (Educational Welfare Officer), PMHW (Primary Mental Health Worker), CAF and family support workers, social workers, Parenting programmes, learning mentors from the Raedwald Trust for children in care, Inclusion Facilitator support from Suffolk psychology and therapeutic services, local police and PCSO, and the Diversion Programme.</p>



Raising awareness fighting depression

www.cwmt.org.uk