

Level of Need

THRIVING – Universal level

Most children and young people thrive and cope with the 'normal' difficulties and challenges of life and of growing up. They usually cope with challenges using their own resilience, the support of family and friends and support from their school.

Children and Family Health Devon

<https://childrenandfamilyhealthdevon.nhs.uk/>

Pinpoint Devon:

https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=r0ph_0nfV ol&communitychannel=0

Babcock LDP

<https://www.babcockldp.co.uk/>

What can the school/setting do?

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Develop and publish a Mental Health Strategy which focuses on resilience and wellbeing of both staff and students.

Involve parents and pupils in decision making and policy development.

Promote an emotionally healthy whole school environment which includes Mental Health Ambassadors, peer mentors etc.

Use PSHE delivery (*Rise Above for Schools*) to raise awareness and promote emotional health and wellbeing

Embed 10 a day for Mental Health

Have effective and supportive policies on Inclusion, anti-bullying.

Employ Relational Approaches to teaching and learning and develop a Relational Behaviour Policy.

<https://www.babcockldp.co.uk/inclusion-and-ehwb/relational-learning>

Have a system of early identification and support i.e. re early absence, changes in behaviour/engagement in learning, early transition planning and support

Individual Health Care plans and reasonable adjustments for known health conditions/ SEND (and staff training on identification and management of these needs).

Anna Freud Schools in Mind Network
www.annafreud.org/schools-and-colleges

Staff training – MH First Aid, EH4MH, MindEd
<https://www.minded.org.uk/>

<https://www.mentallyhealthyschools.org.uk/>

Useful Resources include: We Eat Elephants, My Big Life and Living Life to the Full <https://www.fiveareas.com/>

Solihull Parenting Online www.inourplace.co.uk (access code TAMAR)

Community and National Support

Community Support

Early Help

<https://www.dcfp.org.uk/early-help>

Children's Centre for 0-8

ChatHealth (text a Devon SN 11-19yr olds) – 07520631722

Space Youth Centers

<https://spacepsm.org/youth-centres/>

Devon Young Carers

<https://devoncarers.org.uk/am-i-a-carer/young-carers-2/what-happens-at-devon-young-carers/>

Prevent

<https://www.devon.gov.uk/emergencies/safer-devon-partnership/preventing-violent-extremism/>

National support

Place 2Be:

<https://www.place2be.org.uk/>

Young Minds

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

Rise above (for young people):

<https://riseabove.org.uk>

The Mix (for under 25s) call 0808 808 4994 www.themix.org.uk

YSmart: <http://ysmart.org.uk/>

LGBTQI: www.intercomtrust.org.uk, <https://www.youngstonewall.org.uk/lgbtq-info>

Show Racism the Red Card

<https://www.theredcard.org/>

GETTING ADVICE: Targeted support

Some CYP show signs of emerging mental health needs and/or are struggling with their emotional well-being. Problems may be outside the normal range for their age or gender and of a mild to moderate nature. These will be starting to cause difficulties with their school work, friendships or family relationships.

Happy Maps: Reliable Resources to support Emotional Health and Wellbeing

<https://www.happymaps.co.uk/>

What can the school/setting do?

In addition to the previous support....

Explore concerns with parents and the CYP

Be alert to signs of emerging emotional problems; use data and evidence-based tools to assess such as the **Devon Graduated Response document, Emotional Health and Wellbeing Offer, and No Need to Exclude Guidance**, to identify pupils who need targeted school-based or community interventions.

<https://www.babcockldp.co.uk/inclusion>

Consider whether there are other needs that require support i.e. is it an emotional response as a normal reaction to a stressful situation or unmet need (individual, family or environmental)?

Refer to the School Nurse:

<https://www.devon.gov.uk/educationandfamilies/health/public-health-nursing>

Consider referring to School Counsellor, Educational Psychologist, SEMH Advisory teacher.

Community Support

Integrated Children's Services

CFHD.DevonSPA@nhs.net or phone on 03300 245 321.

Counselling

Self-referral for online emotional wellbeing support and counselling
www.Kooth.com

Young Devon

<https://www.youngdevon.org/what-we-do/mental-health-well-being>

National Support

Childline: 0800 1111

<https://www.childline.org.uk>

GETTING HELP: Specialist support

A few CYP will show signs of significant mental health problems that impact on daily activities and prevent them from functioning within the norms for their age.

These may be persistent and moderate to severe in nature, causing significant difficulties with their achievement and relationships.

What can the school/setting do?

In addition to the previous support.....

Continue to use school-based interventions to support the pupil.

Contact CAMHS pre-referral helpline for advice/consultation and follow advice given (this may be to refer in for CAMHS specialist support).

Consider referring to an Educational Psychologist.

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/educational-psychology>

Consider any **Safeguarding** concerns/implications

<https://www.babcockldp.co.uk/safeguarding-and-compliance/safeguarding>

Community Support

Specialist CAMHS

Single Point of Access (CAMHS-SPA): TSDFT.DevonSPA@nhs.net on 0330 0245 321

Devon Children and Families Partnership

<https://www.dcfp.org.uk/health-and-wellbeing/emotional-and-mental-health>

National Support

NHS - 111

Shout - Text 'SHOUT' to '85258' for crisis support via text.

GETTING MORE HELP: Urgent mental health support

This may be needed for serious mental health crisis (e.g. psychosis), suicidal ideation or serious weight loss and signs of an eating disorder.

CYP with complex and significant learning needs may express their mental health needs via challenging behaviour or detachment/withdrawal. Seek support from the Learning Disability team. You may need to contact the Police if behaviours are aggressive.

Follow safeguarding procedures.

What can the school/setting do?

In addition to the previous support.....

Contact parents immediately unless you have safeguarding concerns that would increase the risk to the child/young person by discussing with the parent/carer.

Contact **CAMHS-SPA** on **0330 0245 321** for advice and for a decision on the urgency of the mental health need.

After 5pm, contact **0300 555 5000** or the **out-of-hours GP** service by dialing **NHS 111**

Or take to **Accident and Emergency**

Community Support

If a child is in immediate danger contact the **Police** on **999**.

If a child or young person is in need of protection or safeguarding contact **Devon Multi-Agency Safeguarding Hub (MASH)**. Ring **0345 155 1071** or email mashsecure@devon.gov.uk

Consider **Exploitation**.

<https://www.preventingexploitationtoolkit.org.uk/>

National Support

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/> 0808 800 5000

GETTING RISK SUPPORT: emergency medical help needed to preserve life following life threatening self-harm

Call the Police if CYP has absconded or is expressing suicidal ideation.

DCFP provide further guidance on suicide prevention. <https://www.dcfp.org.uk/health-and-wellbeing/suicide-awareness/>

What should the school/setting do?

In addition to the previous support.....

Contact parents immediately unless you have safeguarding concerns that would increase the risk to the child/young person by discussing with the parent/ carer.

Call 999

CAMHS assessment would be undertaken in A&E

Check in with CYP and parent following an incident and identify support in school should they want this.

Refer to **Self-Harm Guidance for Schools** on Babcock LDP website.

Community Support

Pete's Dragons provide post suicide support for families and schools
<http://www.petesdragons.org.uk/>

CAMHS - 0330 0245 321

Babcock – support for suicide/bereavement

https://www.babcockldp.co.uk/babcock_ldp/Core-Downloads/Covid/Covid-19-Critical-Incident-Pack-for-Schools-2020-040520-v12.docx

National Support

Winston's Wish –Bereavement support

Papyrus – Suicide Prevention for schools

<https://papyrus-uk.org/wp-content/uploads/2018/08/toolkitfinal.pdf>