

Support for Mental Health

Supporting Mental Health

Good mental health and wellbeing is essential for our students. It helps them to learn effectively, cope with day-to-day challenges, and develop into resilient young adults. There are a number of things we do at Hodge Hill College to support the mental health and wellbeing of our students.

Pupils presents with	First point of contact	Wellbeing support	Referral/signposting
<ul style="list-style-type: none"> Anxiety/compulsions Attachment Bereavement Eating Disorder Hallucinations Low Mood Low Self-esteem Poor Body Image Self-Harm Suicidal Thoughts 	<ul style="list-style-type: none"> Calming Techniques Conversations and monitoring DSL – Mrs Richards, Mr Patel, Ms Perks Establish if this is an on-going issue Is first aid required? Normalising Anxiety Refer to Mental Health First Aider Resources available from LRC Tell someone you trust 	<ul style="list-style-type: none"> Breakfast club Compass - NHS support team Counsellor - school based Emotional Literacy Support Assistant Lunch time/after school clubs Mentor - nominated person of trust Peer mentoring Revised Children’s Anxiety and Depression Scale measurement (RCADS) Social story groups Tappy Twins Emotional Support 	<ul style="list-style-type: none"> Child, Adolescents mental health Service Forward Thinking GP KOOTH PAUSE School Nurse Team

Signposting

If you require further advice or information the following services are available:

- Anna Freud Centre <https://www.annafreud.org/looking-for-help-parents-and-carers/>
- Young Minds <https://www.youngminds.org.uk/>
- Papyrus (Prevention of young suicide) <https://www.papyrus-uk.org/>
- KOOTH <https://www.kooth.com/>
- PAUSE <https://forwardthinkingbirmingham.nhs.uk/pause/>

