

iThrive – What Support is there for Mental Health?

Getting Advice	Getting Help	Getting More Help	Getting Risk Support
<p>Children and families to get help themselves.</p> <p><i>What do we already do at Gainsborough?</i></p> <p><u>ACSEED Award</u> Gainsborough have a quality assurance mark to show we have made a substantial effort to support the mental health of our students. We have this award because positive mental health and well-being is the centre of what we do.</p> <p><u>Whole School Approach</u> We include feeling good into everything we do, including our PSHE curriculum. Educating children about looking after their own mental well-being and building resilience is also important to us. Throughout the year we have visitors to talk to the children about keeping a healthy lifestyle.</p> <p><u>Mindfulness</u> All classes join do a daily short mindfulness session, e.g. meditation, breathing, colouring, a walk, sport.</p> <p><u>Children’s Mental Health Week</u> A week full of activities to raise awareness. This year children got to make new friends from other year groups and played friendship bingo together.</p> <p><u>Safe Environment</u> Everyone strives to create a safe and stable environment for children, parents and staff in order to best support their mental health. This starts with a smiley welcome on the gate in the morning. We also have several spaces for calm time/ self-reflection and relaxation:</p> <p>Wildlife Garden ELSA Sensory Room Nurture Room Outdoor Forrest Classroom Reading Corners Counselling Room</p>	<p>Children and families to get help from someone else.</p> <p><i>What do we already do at Gainsborough?</i></p> <p><u>Check In</u> In most cases, children will feel better if they know that a trusted adult in school understands they aren’t feeling great. An informal check in from a member of staff, 5 minutes to catch up, have a joke together or a debrief is all a child needs.</p> <p><u>ELSA</u> Gainsborough have 2 members of staff who are trained in Emotional Literacy Support Assistants (ELSA). If your child has ELSA sessions; this is a weekly safe space session for them to learn about emotions and how to manage them.</p> <p><u>Cool Connections & Resilient Classroom</u> Used with targeted pupils to enable them to manage their emotional wellbeing and emotions in a positive way. It gives them strategies to use in a wide range of situations which could lead to anxiety and allows the children to be more confident at recognising their emotions.</p> <p><u>Nurture Group</u> A hybrid between a home and school setting. A safe and reliable place to nurture children’s emotional well-being.</p> <p><u>Assessment Tools</u> School staff cannot diagnose mental health issues, however we can find out more information so that we can inform other services better.</p> <ul style="list-style-type: none"> - Strength and Difficulties Questionnaire - Boxall profile - Next Step to set achievable person centred goals to work towards and measure outcomes. 	<p>Children and families to get specialist help.</p> <p><u>CAMHS</u> CAMHS is based in Crewe, Mill Street. Children are referred to CAMHS when there is a significant mental health concern. Referrals are considered by evidence of a mental health disorder and significant impairment of functioning and risk.</p> <p>Children aged 0-18 can be referred by a professional such as a GP or school. To make a referral use the following email address cwp.children.mentalhealthhub@nhs.net</p>	<p>For children and young people who are currently unable to benefit from evidence-based treatment but remain a significant concern and risk.</p> <p>This group might include children and young people who routinely go into crisis but are not able to make use of help offered, or where help offered has not been able to make a difference; who self-harm; or who have emerging personality disorders or ongoing issues that have not yet responded to interventions.</p> <p><u>Ancora House</u> This service provide a specialist inpatient unit for young people who are having difficulties with their thoughts, feelings or behaviour and need a short stay in hospital. Education settings cannot refer into this service.</p> <p><u>Forensic Child and Adolescent</u> This service provide specialise expert advice and consultation to agencies working with children and young people with complex presentations and display high risk behaviour.</p>

iThrive – What Support is there for Mental Health?

Where else can parents find support?

If a parent has concerns about their child's mental health and well-being, we would firstly direct them to the following website/services so they can familiarise themselves with small changes to encourage positive mental health, for example, mindfulness, calm breathing, daily relaxing and enjoyable activity.

My Mind

NHS website aimed at children to understand and support their own mental health.

Childline

A child friendly website that gives specific ideas of how children can make themselves feel better.

Anna Freud on my mind

Visyon

For Parent / Carers of children aged under 11 - this may be a listening ear or help with sign posting and or recorded webinars such as managing anxiety.

BBC Bitesize

Wellbeing and lifestyle information.

Every Mind Matters

Expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change

Barnardo's See, Hear, Respond

programme For vulnerable children around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm.

BEAT's Eating disorders.

Anti-Bullying Alliance

Educational Action Challenging

Homophobia (EACH) For children up to 18 years of age - for children experiencing homophobic, biphobic or transphobic bullying or harassment. Training for school staff also available.

Who can we ask for further support?

Mental Health Support Teams (MHST)

Sarah Milward and Dave Hough are our MHST practitioners. Sarah spends most of the day at school on a Thursday. MHST can offer small group workshops for children to understand worry and anxiety. And they can offer support for parents to manage their children's worry and anxiety. Staff can also get help and advice about how best to help a child who may be experiencing worry and anxiety.

Kooth

Online mental wellbeing community and support from message boards to resources and online counselling.

Visyon

Counselling and emotional well-being support for children aged 11 years+. Parents can refer their children by calling 01260 290000.

Clasp

A organisation for single parent or step parent families. Counselling for children between 5 and 18 yrs. A range of support for whole families including holiday activities, family support in the home, family therapy, coffee and chat for parents.

Cheshire without Abuse (MyCWA)

One-to-one support designed for children and young people affected by domestic abuse, as well as advice and support for adults.

Change Grow Live (CGL)

For children and adults who are affected by alcohol and drugs. This service provides advice, information, education, drop-ins and counselling for children and adults.

Family Ties

Offer support to families to help strengthen their relationships (Cost may be attached but not in all cases).

Cheshire Young Carers

Supporting children who care for their family members. Includes respite programmes, activities and trips out, individual & group support.

iThrive – What Support is there for Mental Health?



Space4Autism

Specialist support for anyone with neurodivergent characteristics – Autism Spectrum, ADHD, PDA (whether diagnosed or not).



Ruby's Fund

SEND family support and wellbeing services is for parent carers, SEND children and their siblings. You can visit the sensory centre in Congleton or you can access support through RF outreach services across Cheshire East.



Creative Action Team

Animal Assisted Therapies, Art and Creative Interventions, Play Therapy, Filial Therapy, Talking Therapies, Training. (Cost may be attached).



Youth Justice Service

For children aged 10-17 years across Cheshire who have offended or are at risk of offending to help prevent them from getting into further trouble. This service provides targeted support such as mentoring.



Daisy's Dream

Bereavement counselling and whole family support.



The Dove Service

Bereavement counselling for children.



Elsie Ever After

Bereavement support pack including books about death and activities packs for children.

iThrive – What Support is there for Mental Health?

URGENT SUPPORT:

If the mental or emotional state of a young person you are working with quickly gets worse or deteriorates, this can be called a '**mental health crisis**'. In this situation, it is important to get help quickly. Follow usual school safeguarding procedures and select the appropriate urgent advice below.

Children to call Childline on: 0800 1111 **Parents or staff needing urgent support for a child to call crisis line: 0800 145 6485 (open 24hrs)**

My Mind Crisis Support Information- For advice an urgent concern about a young person's mental health.

On My Mind Urgent help - Anna Freud - For children of all ages and parent carers or professionals who have an urgent concern about a young person's mental health. This link includes a range of organisations who available 24 hours a day, 7 days a week.

Shout provides free, confidential, 24/7 text message support for anyone struggling to cope.

TALK OF SUICIDE:

It is becoming more common for children to talk more readily about 'wanting to die' or 'commit suicide'.

Gainsborough One Minute Guide on Suicide

All staff to familiarise themselves with appropriate language around suicide and what steps to take if a child discloses suicide ideation in school. An easy to follow guide to ensure staff are comfortable knowing how to manage a suicide ideation incident.

Gainsborough Suicide Prevention Policy

A formal document that outlines what happens if a child expresses they have thoughts of suicide, all members of staff follow the same procedure and the concern is dealt with immediately.

CHAMPS

Sarah Appleby (Family Support Manager and DDSL) and Elizabeth Marshall (Teacher) are trained in suicide prevention and have knowledge and awareness of both self-harm and suicidality in children and can confidently assess and manage risk.

Ripple Suicide Prevention software installed on all computers

If a child types in any words into a search engine related to suicide, phone numbers for help and support will appear, rather than information about suicide.

Safety planning with parents

Depending on what level of risk a child is thought to be at, this usually includes things like making sure children don't spend time alone in their room, online, ensuring any sharp objects are locked away etc.

Further Suicide Prevention Support:

- | | |
|--|--|
| <ul style="list-style-type: none">• <u>The NHS harmless tool</u> can help those supporting young people to assess possible risk• <u>Ollys foundation</u> provide training and post suicide support document• <u>www.thecalmzone.net/</u> 0800 58 58 58• <u>www.selfharm.co.uk</u>• <u>Papyrus</u>• <u>Stay alive</u> offers support, local and national helplines and a safety plan• <u>Calm Harm App</u> | <ul style="list-style-type: none">• <u>Self-harm pathway Cheshire East</u> The content of this document is intended as a pathway and practical guide which signposts professionals working with young people to the appropriate resources• <u>Safety Plan – No More Suicides</u> - Creating a safety plan is a useful way to write down listed 24/7 support services, coping strategies and emergency contacts• <u>Overview Self-harm: assessment, management and preventing recurrence Guidance NICE</u> |
|--|--|

iThrive – What Support is there for Mental Health?