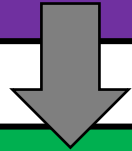


Social, Emotional & Mental Health Provision Map

Level 1 – Universal Support



Level 2 – Targeted Support



Level 3 – Personalised Support



Level 4 – Urgent Support



St John's Mead School
Valuing Effort, Valuing Others, Valuing Self



Social, Emotional, Mental Health Explained;



At St John's Mead Primary School we aim to support our whole school family to thrive both academically as well as socially and emotionally.

With this aim in mind, we have put together a provision map for pupils, parents and staff to use to signpost possible intervention and support available to support wellbeing and mental health.

Our provision map begins with **Level 1** support which is our universal approach to supporting wellbeing for all.

The provision map then moves through levels of support where needs may include;

Level 2- targeted support which includes planned intervention over a period of time to address sustained mental health concerns.

Level 3- personalized support which includes planned interventions and professional referrals to support high level mental health concerns

Level 4 - urgent support which includes referrals for serious, possibly life-threatening mental health concerns

Level 1 – Universal Support

For Children	For Parents	For Staff
<ul style="list-style-type: none"> • Zones of Regulation • Safe Spaces in all Classrooms • Board of Brilliance • Wellbeing Display • Self-Regulation Activities; taught breathing techniques, calm me time linked to Jigsaw scheme. • PSHE lessons • Online Safety Curriculum • Annual Online Safety Week • Annual Mental Health Week • Annual Anti-Bullying Week • Themed Collective Worship • Transition Programme for Year 6 	<ul style="list-style-type: none"> • Meet the Teacher- transition meeting • Termly Parent Consultation, one to one with the class teacher • Half termly Curriculum Newsletter including PSHE curriculum information • Class Dojo- messages & updates on learning through photographs where appropriate. • Class Dojo- staff are available to contact via messaging – 48hr response time. • Staff visibility at the start and end of the day • Access to Parent Link Officer – Mrs Goddard • Coffee Mornings • Annual Online Safety Workshop/Info <p>External Agency Support – Mental Health Support Network provided by Chasing the Stigma Hub of hope Free National Online Directory of all Mental Health Services; search by postcode.</p>	<ul style="list-style-type: none"> • Open Door Policy with SLT • Weekly Briefing Board in Staff Room • Staff Star of the Week Initiative • Trained Senior Mental Health Lead – Mrs Queiros • Better Behaviour’s Training • Emotional Coaching Training • Coaching Partners • Annual Staff Surveys <p>External Agency Support – Education Support, supporting teachers and education staff Helpline: 08000 562 561</p> <p>Mental Health Support Network provided by Chasing the Stigma Hub of hope Free National Online Directory of all Mental Health Services; search by postcode.</p>

Level 2 – Targeted Support

For Children	For Parents	For Staff
<p>Targeted Support -</p> <ul style="list-style-type: none"> • Weekly one to one pupil voice sessions with Mental Health First Aider – Mrs Goddard • Group ELSA sessions – Ms Minett • 1:1 sessions with Autism champion – Mrs Sullivan • SALT sessions with trained TA's – Mrs Sullivan & Mrs Greenslade. • Individual Pupil Passport- adaptations to learning, sensory support, individual support resources, visual timetables • Education Health Care Plan (EHP) • Autism Outreach Team- support for children with autism or suspected autism. • Happy Maps – www.happymaps.co.uk 1 stop hub of information on young people's mental health, for parents, professionals and young people. • Individual Transition Programme and Booklets • Shout- free 24 hour text service and advice 85258 • Creative Youth Network.Org – Self or Parental Referral. www.creativeminds.org.uk Mental Health Support Creative Youth Network Provides low intensity wellbeing support for 8-17year old's, delivering interventions based on Cognitive Behavioural Therapy 	<p>Communication & Support -</p> <ul style="list-style-type: none"> • Return phone calls or face to face appointments with teachers or Family Link Officer available to book at the school office via Class Dojo, phone or in person; Mrs Goddard • Shout- free 24 hour text service for advice and support 85258 • YoungMinds Parents FREE Helpline- 0808 802 5544 Webchat is also available 9:30am – 4:00pm Monday to Friday (You can email outside of these hours for a tailored response within 3-5 days) https://www.youngminds.org.uk/parent/parents-helpline-and-webchat&ParentsWebchatandEmailservice • Happy Maps – www.happymaps.co.uk 1 stop hub of information on young people's mental health, for parents, professionals and young people. • Mettle – Mental Health support for Men https://bemettle.com/ <p>Referral to agency support including;</p> <ul style="list-style-type: none"> • One Stop Shop - Housing & Financial Support Open Mon-Friday:9am-4.30pm. https://beta.southglos.gov.uk/yate-one-stop-shop/ • School Nurse Hub referral- can provide support with health, mental health, behaviour, continence and sleep concerns https://sirona-cic.org.uk/children-services/services/school-nursing-service/ <p>Talking Therapies; – nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service Information about local NHS therapy services for certain mental health problems. You can self-refer (England only) but you must be registered with a GP.</p> <p>Redundancy Support - https://www.lionheart.org.uk/redundancy</p>	<p>Targeted Support –</p> <ul style="list-style-type: none"> • One to one Meeting with Headteacher when required • Coaching Partner • Meetings and Open-door policy with Senior Mental Health Lead (Mrs Queiros) and Mental Health First Aider (Mrs Goddard). • Shout - free 24 hour text service for advice and support 85258 • Talking Therapies; self-referral – nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service Information about local NHS therapy services for certain mental health problems. You can self-refer (England only) but you must be registered with a GP. • Redundancy Support for individuals and families. https://www.lionheart.org.uk/redundancy • Mettle – Mental Health support for Men https://bemettle.com/ Mettle by Bear Grylls is a mental fitness app for men that uses guided meditation, breathwork, and mind-hacking techniques to help manage stress, build resilience, and improve overall well-being.

Level 3 – Personalised Support

For Children	For Parents	For Staff
<p>Personalised Support -</p> <ul style="list-style-type: none"> • One to one ELSA sessions (Ms Minett) • Social Stories & Sand Tray Therapy • South Glos. Inclusion Services (referral only) • Education Psychologist/ SEND Specialist/ Behaviour Support Team (referral only) • Creative Youth Network - if child has been on the CAMHS waiting list for a sustained time and has not yet been seen. • CAMHS Intensive Outreach Team (referral required) awp.nhs.uk/camhs or 0800 9539599 • Childline is available by FREE phone or email 24 hours a day: 0800 1111 <p>Online chat is also available: https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/ https://www.childline.org.uk/</p> <ul style="list-style-type: none"> • NSPCC FREE helpline is available Monday to Friday 8:00am to 10:00pm and Saturday and Sunday 9:00am – 6:00pm: 0808 800 5000 <p>Email service is available 24 hours a day: help@nspcc.org.uk https://www.nspcc.org.uk/</p>	<p>Family Support -</p> <ul style="list-style-type: none"> • One You website – wide range of free mental health and emotional wellbeing support for those aged over 18. https://oneyou.southglos.gov.uk/ • MIND – Mental Health Charity https://www.mind.org.uk/ or call 0300 102 1234 • Eating disorders – https://nipinthebud.org/ The UK's Eating Disorder Charity - Beat National Helpline for England 0808 801 0677 (Mon-Fri 3pm to 8pm) • Help in creating a safety plan to deal with suicidal thoughts - https://stayingSAFE.net/ • Information on how to plan for a mental health crisis: https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/ • Kooth – Free online counselling and emotional well-being platform for older children and young people aged 11-18. https://www.kooth.com/ • Bereavement Support - https://winstonswish.org/ Support Line – 08088 020 021 https://www.childbereavementuk.org/ or call 0800 02 888 40 • PTSD - ptsduk.org Provides information about PTSD and C-PTSD, including different types of treatment, ways to help yourself and how to support someone with PTSD • Anxiety - 03444 775 774 (helpline) or 07537 416 905 (text) anxietyuk.org.uk (webpage) 	<p>Personalised Support –</p> <ul style="list-style-type: none"> • One to one Meeting with Headteacher when required • Mental Health Risk Assessments and Plans to support • One to one Meeting with HR and Headteacher available • Help in creating a safety plan to deal with suicidal thoughts: https://stayingSAFE.net/ • Information on how to plan for a mental health crisis: https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/ • MIND – Mental Health Charity https://www.mind.org.uk/ or call 0300 102 1234 • Bereavement - https://winstonswish.org/ Support Line – 08088 020 021 • PTSD - ptsduk.org Provides information about PTSD and C-PTSD, including different types of treatment, ways to help yourself and how to support someone with PTSD • Anxiety - 03444 775 774 (helpline) 07537 416 905 (text) anxietyuk.org.uk <p>Advice and support for people living with anxiety.</p>

Level 4 – Urgent Support

For Children

For Parents

For Staff

Safeguarding and Child Protection

- Adults do not choose when children disclose. In the case of a disclosure adults must- listen, believe and remind children that they are safe in school, use tell me...explain...describe...
- Refer to the **DSL** without delay – teachers and school staff log disclosure on to CPOMS; remember to follow up with DSL or DDSL.

• NHS Urgent Mental Health Helpline

<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

- **Bristol Central Health Care Crisis Team** – Call 0117 3547257 - Mon-Fri 8am - 10pm
Crisis Number (out of office hours) - 0300 5550334

If you are unable to speak to your local NHS urgent mental health helpline and you need support for your mental health BUT it is not an emergency:

Call: 111 or use the online 111 service

<https://111.nhs.uk/>

Call your GP and ask for an urgent appointment regarding mental health

IN EMERGENCY SITUATIONS (where someone has injured themselves, taken an overdose, or you do not feel that you can keep yourself or someone else safe) **Call 999 or go straight to A&E.**

- Help in creating a safety plan to deal with suicidal thoughts: <https://stayingsafe.net/>

- Information on how to plan for a mental health crisis:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/>

- **Stay Alive APP** is available from Google Play, Apple App store and Desktop Web App - <https://prevent-suicide.org.uk/find-help-now/stay-alive-app>

- Samaritans - <https://www.samaritans.org/> or Call - 116 123 (24 hour hotline)

- Lifeline – 0808 808 8000 (24 hour helpline)