

Bredon Hill Academy Mental Health Pathway



Whole School Approach to Mental Health

There is a whole school approach to positive Mental Health and Wellbeing that seeks to create a culture of inclusiveness and communication that ensures all young peoples concerned can be addressed.

The stigma of mental health is challenged via themed assemblies, safeguarding and mental health newsletters, a mental health and wellbeing hub and specific curriculum focus. All staff have been trained in Mental Health First Aid to recognise and respond when a pupil may be struggling with their mental health.

Pupils who are identified by any member of staff, parent or peer as struggling with their mental health are discussed at Pastoral Safeguarding Meetings. Parents are contacted and the views of the pupil are collected using a Mental Health Questionnaire. Support may be put in place depending on the mental health need of the pupil. This includes:

Low Risk:

Key Adult identified

- Signpost to extracurricular clubs
- Signpost online support to Kooth (online counselling)
- Mental Health delivery in PSHE
- Parental invite to Mental Health Parents' Evening

Medium Risk:

- Thrive
- Mindfulness Craft Club
- Therapy based intervention
- TA mentoring for anxiety
- Parental invite to Mental Health Parents' Evening
- Referral to Wellbeing Lead

High Risk:

- **CAMHS Cast Referral if** needed
- Reach4Wellbeing referral for group sessions
- Referral to Wellbeing Lead
- **Early Intervention** Family Support (EIFS). Referral made through **Family Front Door**
- MentorLink
- Parental invite to Mental Health Parents' Evening
- Liaison with GP with parent's/carer's consent

Yes

Whole

School



No



Yes



Escalation De-escalate to next to lower approach to level of risk level of risk Mental Health and Wellbeing

Escalation to high level of risk In the event of deterioration, ongoing support in school by assigned staff. Escalation to appropriate community Mental Health teams

Other Contacts:

continues

Kooth: https://www.kooth.com

Get Self Help: https://www.getselfhelp.co.uk

ChildLine: https://www.childline.org.uk/ - 0800 1111. Reach4Wellbeing: https://www.hacw.nhs.uk/starting-

well/reach4wellbeing/

Contacts:

whcnhs.camhscast@nhs.net

whcns.wellbeinghub@nhs.net Or 01905 766124

CAMHS Single Point of Access -01905 768 300 (9am - 5pm Monday to Friday) or GP