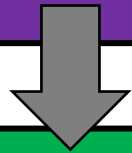


# Social, Emotional & Mental Health Provision Map

Level 1 – Universal Support



Level 2 – Targeted Support



Level 3 – Personalised Support



Level 4 – Urgent Support





# Social, Emotional, Mental Health Explained;



At Kirkoswald C of E 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"> <li>• Ozzy's Oscar display board</li> <li>• Wellbeing Display</li> <li>• Self-Regulation Activities; e.g. taught breathing techniques, coping mechanisms etc.</li> <li>• PSHE lessons</li> <li>• Online Safety Curriculum</li> <li>• Annual Online Safety Week</li> <li>• Annual Mental Health Week</li> <li>• Annual Anti-Bullying Week</li> <li>• Themed Collective Worship</li> <li>• Transition Program for Year 6</li> <li>• Fortnightly pupil voice drop in sessions with <b>Senior Mental Health Lead – Mr. Jervis</b></li> </ul>	<ul style="list-style-type: none"> <li>• Meet the Teacher- home visits</li> <li>• Parent Consultation, one to one with the class teacher</li> <li>• Half termly curriculum newsletter including PSHE information</li> <li>• Open door policy for access to teaching staff</li> <li>• Staff visibility at the start and end of the day</li> <li>• Open afternoons with cafe</li> <li>• Annual Online Safety Workshop/Info</li> </ul> <p><b>External Agency Support –</b>  <a href="#">Mental Health Support Network provided by Chasing the Stigma   Hub of hope</a>            Free National Online Directory of all Mental Health Services; search by postcode.</p>	<ul style="list-style-type: none"> <li>• Open Door Policy with Headteacher</li> <li>• Weekly Briefing Board in Staff Room</li> <li>• Trained Senior Mental Health Lead – <b>Mr. Jervis</b></li> <li>• Better Behaviour's Training</li> <li>• Emotional Coaching Training</li> <li>• Annual Staff Surveys</li> </ul> <p><b>External Agency Support –</b>  <a href="#">Education Support, supporting teachers and education staff</a>            Helpline: <b>08000 562 561</b>  <a href="#">Mental Health Support Network provided by Chasing the Stigma   Hub of hope</a>            Free National Online Directory of all Mental Health Services; search by postcode.</p>

## Level 2 – Targeted Support

For Children	For Parents	For Staff
<p><b>Targeted Support -</b></p> <ul style="list-style-type: none"> <li>• Weekly pupil one to one drop in sessions with <b>Senior Mental Health Lead – Mr. Jervis</b></li> <li>• <b>Individual Pupil Passport</b>- adaptations to learning, sensory support, individual support resources, visual timetables</li> <li>• <b>Education Health Care Plan (EHP)</b></li> <li>• Special advisory teachers available to support children with specific needs.</li> <li>• As part of termly pupil progress reviews, children are monitored and tracked for social and emotional needs.</li> <li>• <b>Happy Maps – <a href="http://www.happymaps.co.uk">www.happymaps.co.uk</a></b> 1 stop hub of information on young people’s mental health, for parents, professionals and young people.</li> <li>• <b>Shout</b>- free 24 hour text service and advice <b>85258</b></li> </ul>	<p><b>Communication &amp; Support -</b></p> <ul style="list-style-type: none"> <li>• Return phone calls or face to face appointments with teachers available to book at the school office via phone or in person</li> <li>• <b>Shout</b>- free 24 hour text service for advice and support <b>85258</b></li> <li>• <b>YoungMinds</b> Parents FREE Helpline- <b>0808 802 5544</b> 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) <a href="https://www.youngminds.org.uk/parent/parents-helpline-and-webchat#ParentsWebchatandEmailservice">https://www.youngminds.org.uk/parent/parents-helpline-and-webchat#ParentsWebchatandEmailservice</a></li> <li>• <b>Happy Maps – <a href="http://www.happymaps.co.uk">www.happymaps.co.uk</a></b> 1 stop hub of information on young people’s mental health, for parents, professionals and young people.</li> </ul> <p><b>Referral to agency support including;</b></p> <ul style="list-style-type: none"> <li>• School Nurse Hub referral- can provide support with health, mental health, behaviour, continence and sleep concerns</li> </ul> <p><b>Talking Therapies; – <a href="https://nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service">nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service</a></b> 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><b>Targeted Support –</b></p> <ul style="list-style-type: none"> <li>• One to one Meeting with Headteacher when required</li> <li>• Meetings and Open-door policy with Senior Mental Health Lead (Mr. Jervis) Meetings with Mental Health and Wellbeing governor (Mrs. Clough)</li> <li>• <b>Shout</b> - free 24 hour text service for advice and support <b>85258</b></li> <li>• <b>Talking Therapies; self-referral – <a href="https://nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service">nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service</a></b> 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.</li> </ul>

## Level 3 – Personalised Support

For Children	For Parents	For Staff
<p><b>Personalised Support -</b></p> <ul style="list-style-type: none"> <li>• Education Psychologist/ SEND Specialist/ Behaviour Support Team (referral only)</li> <li>• Early help assessment and TAF meetings for children with identified needs</li> <li>• CAMHS Intensive Outreach Team (referral required)</li> <li>• NHS Mental Health Support in North Cumbria available 24 hours a day, seven days a week. <a href="https://www.primarycarenorthcumbria.co.uk/your-health/mental-health">https://www.primarycarenorthcumbria.co.uk/your-health/mental-health</a></li> <li>• <b>Childline</b> is available by FREE phone or email 24 hours a day: <b>0800 1111</b> Online chat is also available: <a href="https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/">https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</a> <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></li> <li>• <b>NSPCC</b> FREE helpline is available Monday to Friday 8:00am to 10:00pm and Saturday and Sunday 9:00am – 6:00pm: 0808 800 5000 Email service is available 24 hours a day: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>MIND</b> – Mental Health Charity <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> or call 0300 102 1234</li> <li>• NHS Mental Health Support in North Cumbria available 24 hours a day, seven days a week. <a href="https://www.primarycarenorthcumbria.co.uk/your-health/mental-health">https://www.primarycarenorthcumbria.co.uk/your-health/mental-health</a></li> <li>• Mindline Cumbria – Confidential mental health support service for anyone in Cumbria who needs a listening ear, practical support or guidance. <a href="https://cemind.org/our-services/mind-line-cumbria/">https://cemind.org/our-services/mind-line-cumbria/</a></li> <li>• <b>Eating disorders</b> – <a href="https://nipinthebud.org/">https://nipinthebud.org/</a> The UK's Eating Disorder Charity - Beat National Helpline for England 0808 801 0677 (Mon-Fri 3pm to 8pm)</li> <li>• <b>Help in creating a safety plan to deal with suicidal thoughts</b> - <a href="https://stayingsafe.net/">https://stayingsafe.net/</a></li> <li>• <b>Information on how to plan for a mental health crisis:</b> <a href="https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/">https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/</a></li> <li>• <b>Kooth</b> – Free online counselling and emotional</li> </ul>	<p><b>Personalised Support –</b></p> <ul style="list-style-type: none"> <li>• One to one Meeting with Headteacher when required</li> <li>• Mindline Cumbria – Confidential mental health support service for anyone in Cumbria who needs a listening ear, practical support or guidance. <a href="https://cemind.org/our-services/mind-line-cumbria/">https://cemind.org/our-services/mind-line-cumbria/</a></li> <li>• <b>Help in creating a safety plan to deal with suicidal thoughts:</b> <a href="https://stayingsafe.net/">https://stayingsafe.net/</a></li> <li>• <b>Information on how to plan for a mental health crisis:</b> <a href="https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/">https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/</a></li> <li>• <b>MIND</b> – Mental Health Charity <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> or call 0300 102 1234</li> <li>• <b>Bereavement</b> - <a href="https://winstonswish.org/">https://winstonswish.org/</a> Support Line – 08088 020 021</li> <li>• <b>PTSD</b> - <a href="https://ptsduk.org">ptsduk.org</a> Provides information about PTSD and C-PTSD, including different types of treatment, ways to help yourself and how to support someone with PTSD</li> <li>• <b>Anxiety</b> - <a href="tel:03444775774">03444 775 774</a> (helpline) <a href="tel:07537416905">07537 416 905</a> (text)</li> </ul>

<ul style="list-style-type: none"> <li>• <b>Bereavement Support</b>  <a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a></li> </ul>	<p>well-being platform for older children and young people aged 11-18.  <a href="https://www.kooth.com/">https://www.kooth.com/</a></p> <ul style="list-style-type: none"> <li>• <b>Bereavement Support</b> - <a href="https://winstonswish.org/">https://winstonswish.org/</a>  Support Line – 08088 020 021  <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a>  or call 0800 02 888 40</li> <li>• <b>PTSD</b> - <a href="https://ptsduk.org">ptsduk.org</a>  Provides information about PTSD and C-PTSD, including different types of treatment, ways to help yourself and how to support someone with PTSD</li> <li>• <b>Anxiety</b> - <a href="https://03444775774">03444 775 774</a> (helpline) or <a href="https://07537416905">07537 416 905</a> (text) <a href="https://anxietyuk.org.uk">anxietyuk.org.uk</a> (webpage)</li> </ul>	<p><a href="https://anxietyuk.org.uk">anxietyuk.org.uk</a>  Advice and support for people living with anxiety.</p> <ul style="list-style-type: none"> <li>• NHS Mental Health Support in North Cumbria available 24 hours a day, seven days a week. <a href="https://www.primarycarenorthcumbria.co.uk/your-health/mental-health">https://www.primarycarenorthcumbria.co.uk/your-health/mental-health</a></li> </ul>
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## 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 and to follow school safeguarding policy.

#### • NHS Urgent Mental Health Helpline

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

#### • Cumbria Health Care Crisis Team

<https://www.cntw.nhs.uk/services/crisis-resolution-and-home-treatment-east-cumbria/>  
**0300 123 9015** or freephone **0800 652 2865**

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

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)**