



Mental Health Awareness

Healthy body, healthy mind...

If you are **worried** about your mental health, this document seeks to provide some answers to the frequently asked questions.

Take Action

If you have concerns about your mental health, in the first instance, please contact your GP to book an appointment.

The part we play

Remember - You have a tutor that is your first point of contact. They will interact with your child as you are registered for tutor time. You have a Pastoral Support Assistant (PSA) and a Head of Year (HOY) that is directly involved with your welfare on a daily basis. You will be taught by up to 5 different teachers a day. If there is something bothering you, you have plenty of adults that you can talk to. If you cannot talk to an adult, we encourage you to tell a friend who can report it on your behalf. The message is simple...

Mental health is normal. don't be afraid to speak out

All members of staff can make a referral if they are concerned. This will be reviewed by the safeguarding team who will assess the best course of action. This may result in a PDP with your tutor, PSA or HOY.

We have a school nurse who has drop in and referral sessions on a weekly basis. From January 2019 we have a new Pupil Premium and Looked After Child mentor joining our team. We have a variety of interventions available under Targeted Mental Health (TaHMS), these include outreach programmes and stressbusters.

For further information about the school's referral and intervention systems, please talk to us.

For further information on services available in Swindon, please see the website's below.

https://www.swindon.gov.uk/info/20048/health_support_for_children_and_young_people/125/targeted_mental_health_services

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

Top Tips

If you are dealing with mental health issues;

- Accept that mentally something is not quite right, be aware
- Contact your GP to book an assessment (or ask a parent to)
- Tell someone you trust if you do not feel mentally well
- Remember that you are no alone
- Do something, never suffer in silence

If you have concerns about mental health outside of normal working hours, please contact 111 or the CaHMS out of hour's team.