

<u>Minute Number</u>	<u>Date</u>	<u>Amendments</u>	<u>Signed</u>
3 - Safeguarding meeting held 27/01/23	27.01.23	Title	



# Children's Mental Health and Well Being Pathway

As a Church of England School we embrace the Diocesan vision and want to ensure our children enjoy life in all its fullness providing experiences rooted in faith, love and hope. Our vision of *'Learning and Growing Together'* reminds us that we nurture the tiny seeds which grow into the mighty tree as Jesus describes in the Kingdom of Heaven as individuals and the community so that we can provide for others (Parable of the Mustard Seed-Matthew 13)

## Contents:

1. Purpose of the framework
2. Senior Mental Health Lead
3. Mental Health Pathway at St Oswald's.
4. Useful websites

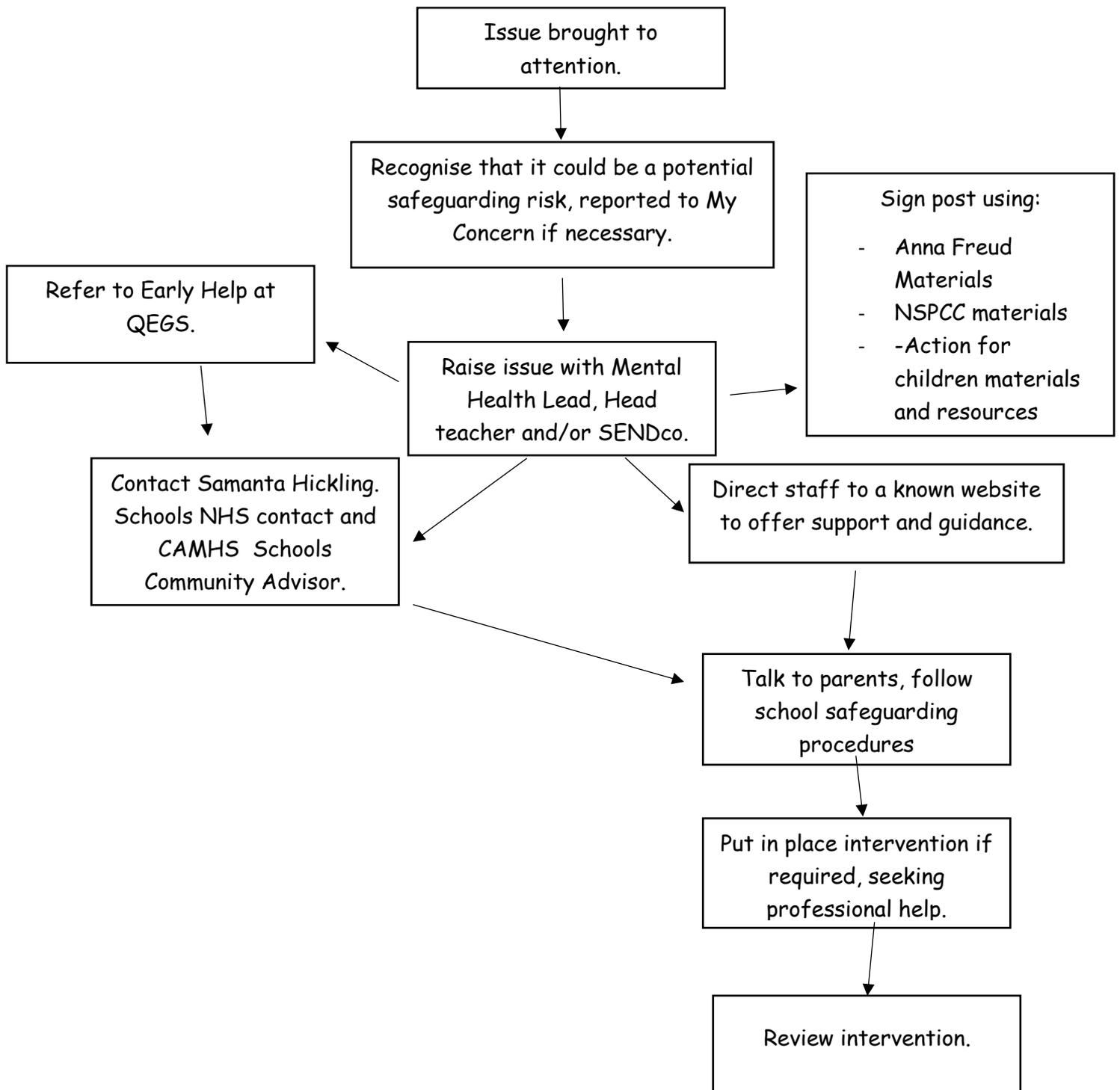
## **1. Purpose of this framework**

This framework is set out to ensure that staff, governors, parents and visitors of the school understand why and how we support Mental Health and Well Being in our school links with the recent Safeguarding Audit. The framework allows staff to use in conjunction with the Mental Health and Wellbeing Policy.

## **2. Senior Mental Health Lead**

At St Oswald's C of E Primary School, the Senior Lead for Mental Health and Wellbeing is Sian Summers. Rebecca Wood, the Head Teacher and Designated Safeguarding Lead is also able to support and advise on any issues regarding to Mental Health and Wellbeing. Di Mansfield, Deputy Head Teacher and Special Educational Needs Co-ordinator is also able to support and advise on any Mental Health and Wellbeing issues that may arise.

### 3.0 Mental Health Pathway at St Oswald's



#### **4. Useful websites**

##### Derbyshire Federation for Mental Health Youth Services - Build Sound Minds

<https://www.dfmh.co.uk/>

- Family difficulties - where these are having an adverse effect and the child or young person is showing signs of developing a mental health problem or disorder
- Emotional and behavioural difficulties (Mild to moderate)
- Behaviour problems once physical causes have been considered and the behaviour falls outside what might be considered to be within the range of normal behaviour
- Conduct disorders
- Anxiety, depression, stress and or other mood difficulties
- Adjustment reactions (i.e. managing transition, change)
- Simple phobias
- Self-harm - where this is mild to moderate
- Support with bereavement & loss/separation
- Bullying where this is having a significant impact on emotional wellbeing (direct/indirect/cyber)
- Anger management difficulties
- Relationship difficulties

##### Derbyshire Young Carers Service

<https://derbyshirecarers.co.uk/young-carers-service>

##### First Steps ED (Eating Disorders)

<https://firststepsed.co.uk/disorders-and-symptoms/>

Supports 7-18 year olds providing workshops in Derbyshire schools.

##### Blythe House Hospicecare

Provide counselling to anyone age 4-18 who is finding it difficult to cope with a family member's life-long illness or if they have died.

<https://blythehousehospice.org.uk/our-services/counselling-and-bereavement-service/>

### BEAT Eating Disorders

<https://www.beateatingdisorders.org.uk/>

### Action for Children

<https://www.actionforchildren.org.uk/about-us/equality-and-diversity/>

Supporting trans children and young people.

### Derbyshire School Nurse

<https://derbyshirefamilyhealthservice.nhs.uk/contact-us>

### The NGW Exploitation Response Unit

<https://nwgnetwork.org/what-is-child-exploitation/help-for-young-people/>

Tackling child sexual exploitation.

### Mind

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

For children aged 11+. Able to seek advice and guidance as a young adult on their website.

### Young Minds

To support the emotional and mental wellbeing of a child. Support for urgent help in a crisis.

[https://www.youngminds.org.uk/?gclid=EAIaIQobChMI-OvTsqCm6AIVxbTtCh0%20uxgT8EAAYASAAEgKMzvD\\_BwE](https://www.youngminds.org.uk/?gclid=EAIaIQobChMI-OvTsqCm6AIVxbTtCh0%20uxgT8EAAYASAAEgKMzvD_BwE)

### Anna Freud Centre for Children and Families

<https://www.annafreud.org/on-my-mind/>

### Every mind matters

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

Get a free mind plan.

### The Tomorrow Project

[www.tomorrowproject.org](http://www.tomorrowproject.org)

Suicide prevention and self-harm prevention service.

### Childline / NSPCC

0800 11 11

#### **Considerations:**

*\* Is there a senior mental health lead?*

- \* Has the school/college developed their own bespoke Derby and Derbyshire Mental Health Pathway Guidance outlining the supports available within the establishment and externally?*
- \* Do staff access a range of advice to help them identify children in need of mental health support, including working with external agencies?*
- \* Are there clear routes to escalate and clear referral and accountability systems, including when mental health concerns about a child is also a safeguarding concern?*
- \* Are all staff aware that mental health problems can be an indicator that a child has suffered or is at risk of suffering abuse, neglect, or exploitation?*