Identifying and Supporting Mental Health

This flow chart shows the practices as described in other policies and documents (Safeguarding Policy, SEND Policy etc.) that are utilised to identify and support pupils' mental health. It provides an overview of the processes staff should go through to ensure each student receives the support they need.

At NWKAPS, we recognise that nurturing an individual's mental health is key to their emotional wellbeing, ability to engage in education and future life chances. The provision is built around the 'Pupils as People' principle. However, we know that even within a nurturing school environment there are times where individuals will face significant challenges with their mental health and require further support both from us as a school and from external agencies.

Identifying Mental Health Concerns

Pupil Asks for Help
Some pupils will be aware of that they are facing challenges with their mental health and actively seek support as we are a safe environment.

Indicators Noticed
Staff may notice concerning changes in the presentation of a pupil, although they are not able to diagnose mental health conditions, they are training to recognise where there may be concerns around a pupil's mental health.

Information Received
There may be times that we receive information from an outside agency, home school or parent that alerts us to concerns around a pupil's mental health.

Identifying Appropriate Support

Team Around the Child
Key members of staff meet to discuss the case and fully understand the concerns around a pupil. They are able to coordinate internal support and make referrals to external support.

If there it is felt the pupil is **immediate danger** from the mental health concerns raised a **senior member of staff will coordinate an emergency response**, including ringing 999 if this is deemed appropriate.

Plan for Support Using...

Team Around the School
Professionals across a range of agencies meet to consider cases and share information. This information can lend to both internal and external support.

Supportive Strategies

Safeguarding
We recognise that a pupil who is facing challenges with their mental health is more vulnerable. In every case where mental health concerns are raised a DSL will be part of the team coordinating support.

Internal Support
We have a range of supportive interventions available in school, including access to our counsellor. For each student who presents with mental health concerns the team look creatively at the internal support that can be offered.

External Agencies
We recognise that we are not mental health professionals. For each student who presents with mental health concerns we consider if any referrals to external agencies are necessary and proactively follow these up.

Cycle of Support

Reviewed
As with all our interventions and support plans, these are reviewed every 6 weeks (or sooner depending on need), this considers the next steps needed.

Next steps identified

Feedback
When considering further support that might be needed we seek feedback from pupils and parents as well as external agencies. This informs our next steps.

or

Mental Health Lookout List
Any pupil who has been through a cycle of support for their mental health needs will be on a Lookout List, helping staff to remain extra vigilant to indicators of challenges arising again.