

MENTAL HEALTH PROTOCOL



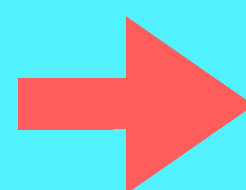
Follow this protocol in the event of a young person disclosing concerns about their mental health



1 CONCERN IDENTIFIED

Young person (YP) discloses a mental health concern about themselves or a peer [e.g. anxiety, depression, eating disorder, self harm, suicidal ideation, psychosis]

2 IS THERE EVIDENCE OF IMMEDIATE DANGER?

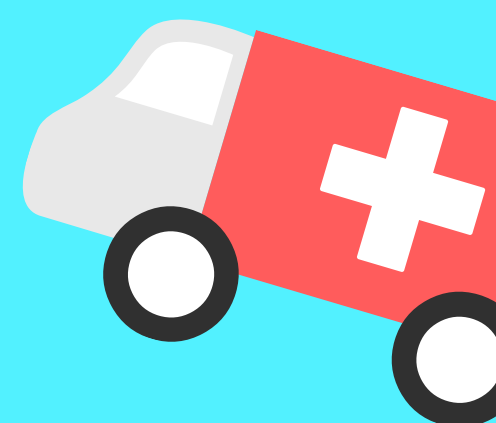


Has the YP made a serious suicide attempt, serious laceration or self injury [taken drugs/ alcohol, ingested something/ overdose]?

- **DIAL 999**
- **Provide first aid**
- **Seek mental health first aid**
- **Inform Child Protection co-ordinator**

3 INITIAL ACTIONS

- Be calm, supportive and non-judgmental
- Speak to YP in a quiet setting
- Explain confidentiality protocol
- Listen rather than give advice
- Check for clarification/ make notes for accurate information



4 PASSING ON INFORMATION

- If in doubt about YP safety - see Child Protection Co-ordinator
- Complete SEEMIS referral to Pupil Support/ Mental Health Referral
- Give date, time and summary of conversation



5 MENTAL HEALTH FIRST AIDERS

Staff specially trained to respond to a YP or adult in a mental health crisis. They have an understanding of a variety of mental health conditions and are trained to listen and support someone in crisis.

