

# HOW WE SUPPORT YOUNG PEOPLE IN SCHOOL

All staff use this protocol to support a young person who has disclosed a mental health concern.

## 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 RISK?**

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

  - Inform C P co-ordinator
  - Provide first aid/999
  - Get mental health first aider
- 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 **Wellbeing Form** (click  button)
  - Give date, time and summary of conversation
  - Email to relevant Pupil Support Teacher
- 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.



WALLACE HIGH SCHOOL

## SUPPORTING YOUR CHILD'S MENTAL HEALTH

are you ok?

- 1 Discuss mental health:** opening conversations about mental health can be hard. Perhaps discuss characters in films or celebrities who have struggled with their mental health and look at how they got support. Remind them mental health is as important as physical health and that they can talk to you if they are worried about anything.
- 2 Be present:** life is busy, but it is important to set aside some 1:1 time with your child and really be there for them - without distractions.
- 3 Honest & supportive communication:** ask them how they are feeling - maybe ask them to rate how they feel from 1-10. Sometimes just talking about their concerns is enough - they don't always need advice.
- 4 Really listen:** actively listen to your child and their feelings, without judgement, and check that you have understood them. Remember, what might sound trivial to you, could be a big deal for them.
- 5 Quiet time together:** enjoying a quiet activity with your child can make it easier to talk naturally, without it turning into an interrogation.
- 6 Stick to commitments:** follow through on your commitment to spend time together - they need to be able to count on you and your time together
- 7 Life Balance:** encourage your child to have a balance in life - school is important but it is also important that they relax, have fun, are active and eat well.
- 8 Be a good role model:** parenting is stressful! Looking after your own mental health will have the most beneficial impact of all on your child's wellbeing.

We have **Mental Health 1st Aiders** in school every day who provide mental health support for pupils

Please view our [Positive Mental Health Health & Wellbeing Policy](http://www.wallacehigh.org.uk/health-and-wellbeing) [www.wallacehigh.org.uk/health-and-wellbeing](http://www.wallacehigh.org.uk/health-and-wellbeing)



# MENTAL HEALTH INFO - SUPPORT FOR PARENTS/ CARERS

## FOREWORD

MR PENNOCK

*Our Health and Wellbeing team have worked very hard over the last two sessions, in partnership with national bodies such as SEEME and SAMH, to raise awareness of mental health issues.*

*Central to this has been providing pupils with support and staff with training that helps to create a positive culture for those facing the many challenges that can come when addressing the complex spectrum of mental health issues.*

*This leaflet is designed to assist parents by providing some key information that can be instrumental in supporting Wallace's young people.*

## warning signs

THERE ARE MANY WARNING SIGNS WHICH INDICATE THAT A YOUNG PERSON IS/ COULD BE EXPERIENCING MENTAL AND EMOTIONAL HEALTH ISSUES. **1: 10 CHILDREN EXPERIENCE A MENTAL HEALTH CONDITION IN A YEAR**

- Changes in eating/ sleeping habits
- Changes in activity level e.g. giving up hobbies
- Expressing feelings of failure, uselessness or loss of hope
- Increased isolation from friends/ family, becoming socially withdrawn
- Changes in clothing - long sleeves in summer
- Change in academic achievement ( +/-)
- Signs of physical harm that are repeated or appear non-accidental
- Failure to take care of personal appearance
- Talking/ joking about self-harm or suicide
- Abusing drugs/ alcohol
- Changes in activity/ mood
- Repeated physical pain or nausea with no evident cause
- Increase in lateness/ absenteeism
- Secretive behaviour
- Difficulties with peer relationships
- Spending more time in bathroom
- Seeming overly cheery after bout of depression

## SOURCES OF SUPPORT FOR YOU

Samaritans - call free 116 123 (UK)

Parent Line Scotland - 08000 28 22 33

Young Minds - 0800 802 5544

GP - contact your surgery

CAMHS - 01786 454546

Pupil Support Staff - 01786 462166

WE HAVE A LIST OF HELPFUL LINKS ON OUR WEBSITE

[www.wallacehigh.org.uk/health-and-wellbeing](http://www.wallacehigh.org.uk/health-and-wellbeing)

