



WALLACE
HIGH
SCHOOL



MENTAL HEALTH SUPPORT & SIGNPOSTING

PUPILS | FAMILIES | STAFF

FOREWORD

PLEASE VISIT OUR MENTAL HEALTH WEBSITE FOR INFORMATION



Our Health & Wellbeing team have worked very hard over the last few years to raise awareness of mental health issues and challenge stigma.

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 pupils, parents/ carers and staff by providing some key information that can be instrumental in supporting Wallace's young people.

Scott Pennock Head Teacher

MENTAL HEALTH SHOULD NOT BE THE ELEPHANT IN THE ROOM



We all have mental health. Sometimes it can be good, but other times it can be poor. Like our physical health, we need to look after it and seek help when we are feeling unwell or unable to cope.

We display our mental & emotional health mascot 'Elphie' around the school, because we don't want mental health to be the elephant in the room.

At Wallace High School we are committed to:

- **Challenging the stigma of mental health**
- **Signposting pupils, staff & families to support**
- **Providing mental health education & additional mental health supports**



Pupil Support

Pupils can talk to their Pupil Support teacher if they are concerned about their mental health. The Pupil Support Teacher can refer them to in school support,

School Counsellor

The school Counsellor provides therapeutic support to pupils. This support complements the approaches already available in schools to help children and young people with their mental, emotional, social and physical wellbeing.

Mental Health 1st Aiders

There are over 20 staff trained in Mental Health First Aid. They provide self-help suggestions and signposting to professional help. They all wear a **red lanyard** - see MH 1st Aid posters around school.

1:1 Mental Health Coaching

Pupils can be referred to Mrs Steel for 1:1 mental health coaching. Referrals are made through Pupil Support. She will set up weekly appointments and provide bespoke support, advice and signposting.

ASIST trained staff (Applied Suicide Intervention Skills Training)

ASIST staff are trained to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

- Mrs Steel (PE)
- Colleen Kerr (Family Link Worker)





MENTAL HEALTH CHAMPIONS

Pupils who have a keen interest in mental health. They provide listening and support for their peers and organise mental health activities throughout the year.

MENTAL HEALTH & WELLBEING WEBSITE

We have created a mental health and wellbeing website to provide our pupils, families and staff with accurate, up-to-date and relevant information. It provided crisis support information, links to reputable mental health websites, information about school support and much more: **www.bit.ly/WHSmmentalhealth**

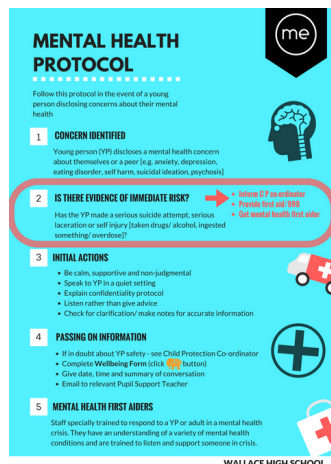
HEALTH HUB

The Health Hub is located at the back of the LRC. It is a resource centre for all things mental health & wellbeing. It has wellbeing books and magazines, as well as a host of leaflets and signposting materials for a range of mental health issues. It is also a safe space for anyone who needs a quiet space to pause.

S6 BUDDIES

Our S6 Buddies are trained to provide support and guidance to our S1 pupils.

MENTAL HEALTH AWARENESS



The Mental Health Protocol is a clear plan of action that all staff must follow if a young person discloses a mental health concern. It is displayed publicly in all teaching and learning areas across the school so that our support is 100% transparent.



We display mental health common warning signs that could indicate a mental health problem. These warning signs posters are displayed publicly in all teaching and learning areas across the school.

MENTAL HEALTH & WELLBEING POLICY

The school has created a policy that is dedicated to supporting the mental health and wellbeing of all pupils. This can be found on our website.

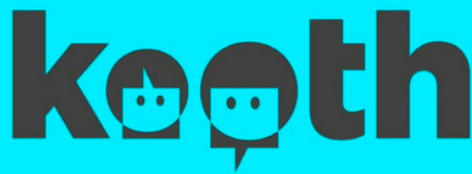


Staff have been trained in **suicideTALK** - to become more aware of suicide prevention opportunities in their community.

MENTAL HEALTH | PUPILS

LOCAL SUPPORT FOR YOUNG PEOPLE

Kooth is an online and
confidential service
giving help and advice
about emotional health
kooth.com



Kooth provide online support to all pupils in Stirling Council age 10-18.

Sign up for FREE at www.kooth.com



FDAMH
LIGHT IN A DARK PLACE

Falkirk District Association of Mental Health provide FREE counselling for young people in Falkirk & Surrounding areas.

Call: 01324 671 600

Email: admin@fdamh.org.uk



FREE for all students

Visit togetherall.com for mental health support.
Online Community. Confidential. 24/7

Togetherall is a safe, online community where people support each other anonymously to improve mental health

www.togetherall.com

Click 'my area is registered' and add your postcode

For more details, please refer to our T&Cs during registration.

MENTAL HEALTH | PUPILS

SUPPORT WEBSITES & HELPLINES FOR YOUNG PEOPLE

YOUNG MINDS CRISIS LINE TEXT: YP TO 85258

Free mental health crisis support for young people 24/7. Text service

www.youngminds.org.uk  **YOUNG MINDS**
fighting for young people's mental health

PAPYRUS 0800 068 41 41



Free, confidential service for people who are thinking about suicide (under 35s)
Weekday 9am-10pm, Weekends 2pm-10pm

www.papyrus-uk.org

CHILDLINE 0800 11 11



Free, confidential phone service for children and young people experiencing mental health issues, suicidal thoughts, abuse etc.

www.childline.org.uk

BEAT - EATING DISORDERS YOUTH LINE 0808 801 0711 STUDENTLINE 0808 801 0811



Helplines, webchat and resources for individuals (& families) affected by eating disorders

www.beateatingdisorders.org.uk

BREATHING SPACE 0800 83 85 87



Free confidential phone service for anyone age 16+ experiencing low mood, depression or anxiety

www.breathingspace.scot

CRUSE BEREAVEMENT SCOTLAND 0845 600 2227



Providing phone support for young people & adults suffering with a bereavement

www.crusescotland.org.uk

LIVING LIFE (NHS) 0800 328 9655

Free telephone appointments to support low mood, mild-moderate depression or anxiety 16+

www.nhs24.scot/our-services/living-life

ANXIETY UK 03444 775 774



Helplines and wide selection of resources for adults and young people

www.anxietyuk.org.uk

MENTAL HEALTH | PARENTS

SUPPORT WEBSITES & HELPLINES FOR PARENTS/ CARERS

BEAT - EATING DISORDERS
YOUTH LINE 0808 801 0711
STUDENTLINE 0808 801 0811



Helplines, webchat and resources for individuals (& families) affected by eating disorders
www.beateatingdisorders.org.uk

PARENTLINE SCOTLAND
08000 28 22 33



Free advice and support for all families
www.children1st.org.uk/help-for-families/parentline-scotland/

BREATHING SPACE
0800 83 85 87



Free confidential phone service for anyone age 16+ experiencing low mood, depression or anxiety
www.breathingspace.scot

SAMARITANS
116 123



Free, confidential phone service age for anyone who needs to talk 24/7
www.samaritans.org

CRUSE BEREAVMENT SCOTLAND
0845 600 2227



Providing phone support for young people & adults suffering with a bereavement
www.crusescotland.org.uk

YOUNG MINDS - PARENTS LINE
0800 802 5544



For parents worried about their child's mental health from 9:30am - 4pm, Monday - Friday
www.youngminds.org.uk

LIVING LIFE (NHS)
0800 328 9655



Free telephone appointments to support low mood, mild-moderate depression or anxiety 16+
www.nhs24.scot/our-services/living-life

ANXIETY UK
03444 775 774



Helplines and wide selection of resources for adults and young people
www.anxietyuk.org.uk

HERE IF YOU NEED US

our door is always open

We know it can be difficult to take that first step, and ask for help, but the staff in school are ALL here to listen and offer support.

Our door is always open.

Asking for help:

- Speak to a member of staff that you get on with
- Rehearse what you want to say
- If you can't say it out loud, write a note and give it to them
- Maybe take a friend with you

Wallace High School's



MENTAL HEALTH
+ WELLBEING SITE

Helpful information,
links, and resources to
support your mental
health & wellbeing!



 #ElephantInTheRoom

Our website contains lots of helpful information, resources and links to reliable websites.

Scan the QR code to go to the site.

Follow us on social media



@whs_hwb



@WHS_HWB