**[](http://www.woodlands.staffs.sch.uk/main)Tier 0**

**Universal Level Support**

**Pastoral and response to general concerns**

**For pupils experiencing shorter term feelings of distress or an initial concern about wellbeing**

|  |  |  |
| --- | --- | --- |
| ***What are the concerns?***   * A friendship issue * Difficulty maintaining friendships, regular conflict * Minor illness of feeling sick or headache * Conflict at home * Worry about a piece of work * Difficulty remaining on task or following routines * Presenting a change of behaviour such as being withdrawn * Struggling to make expected progress * Poor attendance * Poor punctuality * Presenting with frequent low-level disruption | ***Who will support the pupil?***   * Class teacher * Teaching Assistant * Bring to the attention of Pastoral Leader | ***How will we respond to this concern?***   * Use the Emotion Coaching response to connect with the pupil * Listen to understand their concerns and to offer reassurance * Class teacher to be made aware if not already so contact with home can be made * Support, monitor and record any concerns, if concerns are serious then use Myconcern to report this to DSL and DDSL * In case of minor illness, use judgement to call home if needed then seek advice from a member of SLT before making a decision * If issue isn’t resolved quickly, consult with Pastoral support to seek to move to Tier 1 |

**[](http://www.woodlands.staffs.sch.uk/main)Tier 1**

**Universal Level Support**

**Pastoral and response to general concerns**

**For pupils experiencing longer term feelings of distress that is beginning to have an impact on wellbeing and academic progress**

|  |  |  |
| --- | --- | --- |
| ***What are the concerns?***   * Repetitive friendship issues * Sustained periods of conflict/difficulty in managing a resolution * Regularly complaining of feeling sick or headache * More significant anxiety around school work or daily routines * Struggling to make expected progress * Sustained periods of feeling low in mood or struggling to manage * Divorce or change of home life * Bereavement of extended family member (grandparents) * Having previously had Child Services involvement | ***Who will support the pupil?***   * Class teacher or Teaching Assistant with pastoral support * Pastoral Lead if needed | ***How will we respond to this concern?***   * Use the Emotion Coaching response to connect with the pupil * Listen to understand their concerns and to offer reassurance * Class teacher to contact home to discuss concerns * Support, monitor and record any concerns, if concerns are serious then use Myconcern to report this to DSL and DDSL * Informal support from pastoral lead * If concerns continue or increases in severity then move up to Tier 2 by completing ELSA referral form * If concerns reduce and well being has improved, move back to Tier 0 |

**[](http://www.woodlands.staffs.sch.uk/main)Tier 2**

**Targeted Support**

**Planned interventions within school**

**to address mental health challenges**

**For pupils experiencing sustained feelings of anxiety or mental health challenges, or a continued response to a Tier 1 issue, that are having an impact on wellbeing and academic progress**

|  |  |  |
| --- | --- | --- |
| ***What are the concerns?***   * Sustained periods of feeling low in mood or struggling to manage * Ongoing emotional regulation difficulties or anxiety * Refusal to complete school work or to attend school * Self harm or eating issues * Risky behaviour * Questioning of gender identity or sexual orientation leading to distress * Bereavement of immediate family member (parent/guardian/sibling | ***Who will support the pupil?***   * Pastoral support * DSL if needed * Support from SENDCO if needed | ***How will we respond to this concern?***   * Use the Emotion Coaching response to connect with the pupil * Listen to understand their concerns and to offer reassurance * Class teacher responsible for updating concerns and monitor changes * Concerns to be recorded on Myconcern * In-school support and intervention with Pastoral Lead * SENDCO informed of issues * Consider external agency referral with consent from home * Early Help/Malachi Family Support/ GP/Young carers can be considered * Team Around the Family meetings to be attended to work in tandem with external support |

***External Support Information***

[**Staffordshire@Malachi.org.uk**](mailto:Staffordshire@Malachi.org.uk)

Family support that can be self -referred or referred by school

[**https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page**](https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page)

Directory page for help in Staffordshire

**https://www.staffsscb.org.uk/**

If you have concerns about the well being of a child or young person

[**https://www.actionforchildren.org.uk/**](https://www.actionforchildren.org.uk/)

Support that can be self- referred or referred by school

[**https://sandbox.getcerebral.co.uk/**](https://sandbox.getcerebral.co.uk/)

The Sandbox is an NHS-funded service to support children and young people in South Staffordshire with their mental health and well-being.

**https://www.winstonswish.org**

Childhood bereavement charity providing advice, support & resources for grieving children

**[](http://www.woodlands.staffs.sch.uk/main)Tier 3**

**Personalised Support**

**Professional referral for high level mental health concerns**

**A continued response to a Tier 2 issue, serious concerns which require professional intervention outside of school**

|  |  |  |
| --- | --- | --- |
| ***What are the concerns?***   * Diagnosed with anxiety or depressions * Ongoing emotional regulation difficulties around mental health challenges * School refusal * Risk of exclusion * Sustained self harm or eating issues * Witnessing and disclosing domestic abuse * Disclosure of direct abuse   Suicide attempts or ideation | ***Who will support the pupil?***   * Protocol for reporting a disclosure to be followed * DSL immediately if disclosure made * SLT * Pastoral support * SENDCO if needed | ***How will we respond to this concern?***   * Direct immediate support from DSL/DDSL/Pastoral support if disclosure made * Pupil will be taken to a safe place to talk, protocol to be followed * Use the Emotion Coaching response to connect with the pupil * Listen to understand their concerns and to offer reassurance * Assess risk and contact Education Safeguarding Advice Service * Follow advice, keeping records of contacts * SLT to consider part-time timetable if suitable and with agreement with home. Local Authority to be informed. * Team Around the Family meetings to be attended to work in tandem with external support |

***External Support Information***

https://www.victimsupport.org.uk/resources/new-era-staffordshire-and-stoke-trent/

For support after domestic incidents

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

On **My Mind** empowers young people to make choices about their own mental health. Free information, advice & resources for children and young people from age 10–25.

Free, 24/7 mental health text support in the UK | Shout 85258

**Shout 85258** is the **UK's** first **free**, confidential, **24/7 text support service**. It's a place to go if you're struggling to cope and need **mental health support**.

<https://www.samaritans.org/how-we-can-help/contact->

Whatever **you**'re going through, **call** us free any time, from any **phone**, on 116 123.

[toolboxreferral@ssnmentalhealth.co.uk](mailto:toolboxreferral@ssnmentalhealth.co.uk)

We are a self-empowering wellbeing service that covers the 6 districts of South Staffordshire