**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**

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| ***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* Presenting a change of behaviour such as being withdrawn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
 |

**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
 |

**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**

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| ***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**

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

**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**

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| --- | --- | --- |
| ***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

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