



Mental Health & Wellbeing Policy

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1. Aims

At Borden Grammar School, we are committed to supporting the mental health and wellbeing of pupils, parents, carers, staff and other stakeholders.

This policy focuses on pupils' mental health and wellbeing. It aims to:

- Set out our school's approach to promoting positive mental health and wellbeing for all pupils across our school
- Provide guidance to staff on their role in supporting pupils' mental health and wellbeing, including how they can foster and maintain an inclusive culture in which pupils feel able to talk about and reflect on their experiences of mental health
- Support staff to identify and respond to early warning signs of mental health issues
- Inform pupils and their parents/carers about the support they can expect from our school in respect of pupils' mental health and wellbeing, and provide them with access to resources

This policy was written in consultation with the 'Self Harm Safety Planning template and guidance 2023-2024 from KCC.

It should be read alongside:

- Self Harm Policy
- SEN and Disability policy
- Supporting Pupils with Medical Conditions policy
- Behaviour policy
- Anti-bullying policy
- Child protection and safeguarding policy
- Online Safety Policy
- Relationships and sex Education Policy

2. Legislation & Guidance

This policy was written with regard to:

- [The Equality Act 2010](#)
- [The Data Protection Act 2018](#)
- Articles 3 and 23 of the [UN Convention on the Rights of the Child](#)

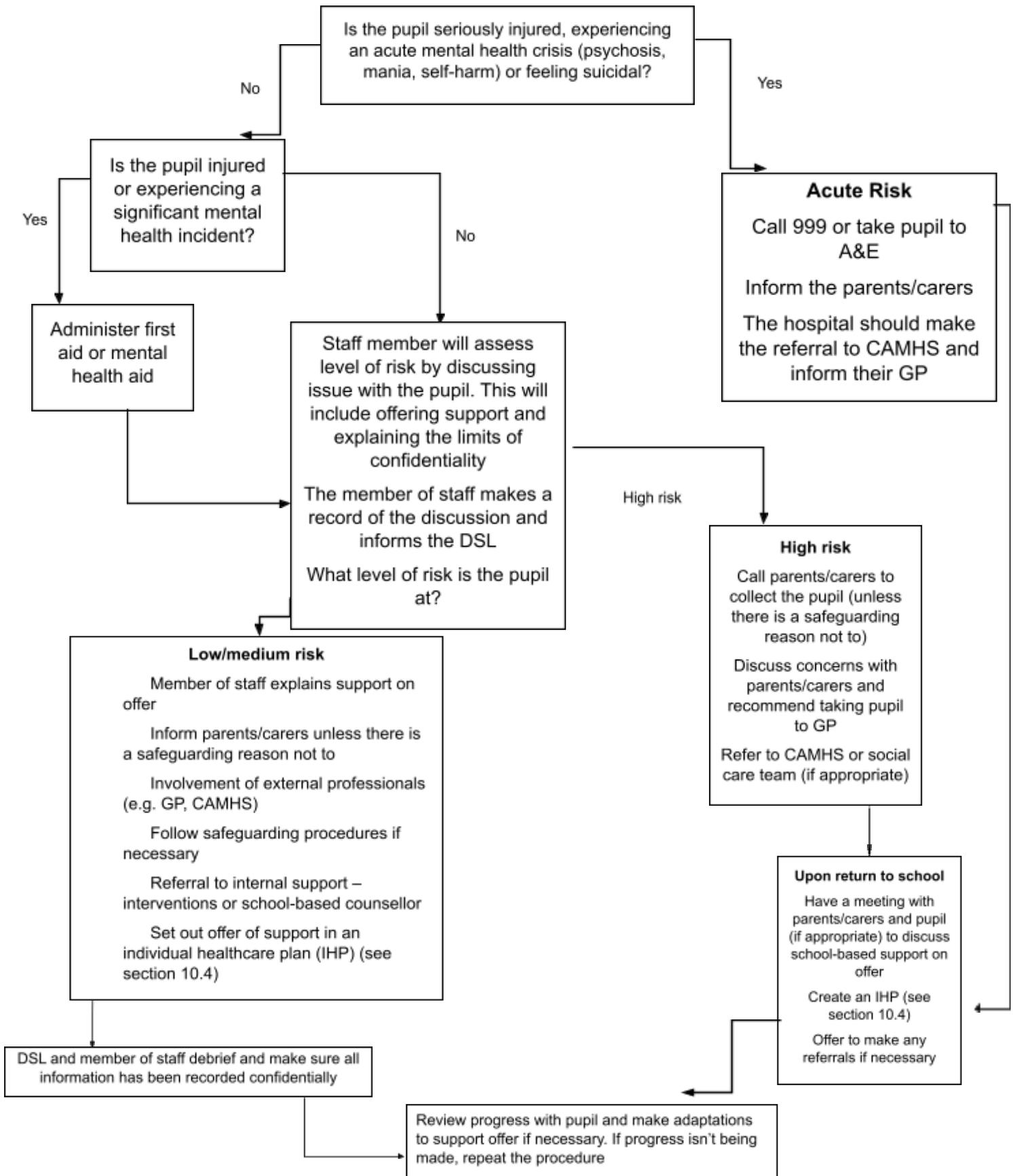
3. Roles & Responsibilities

All staff are responsible for promoting positive mental health and wellbeing across our school and for understanding risk factors. If any members of staff are concerned about a pupil's mental health or wellbeing, they should inform the designated safeguarding lead (DSL).

Certain members of staff have extra duties to lead on mental health and wellbeing in school. These members of staff include:

- Headteacher
- Designated safeguarding lead (DSL)
- Special educational needs co-ordinator (SENCO)
- Mental health leads
- Attendance leads
- Wellbeing Trustee

4. Procedure to Follow in a Case of Acute Mental Health Crisis



5. Warning Signs

All staff will be on the lookout for signs that a pupil's mental health is deteriorating. Some warning signs include:

- Changes in:
 - Mood or energy level
 - Eating or sleeping patterns
 - Attitude in lessons or academic attainment
 - Level of personal hygiene
- Social isolation
- Poor attendance or punctuality, an increase in lateness to school
- Expressing feelings of hopelessness, anxiety, worthlessness or feeling like a failure
- Abuse of drugs or alcohol
- Rapid weight loss or gain
- Secretive behaviour
- Covering parts of the body that they wouldn't have previously
- Refusing to participate in P.E. or being secretive when changing clothes
- Physical pain or nausea with no obvious cause
- Physical injuries that appear to be self-inflicted
- Talking or joking about self-harm or suicide

Further information about feelings and symptoms that are common with mental health problems can be accessed via the following NHS website:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/>

Many of these problems will be experienced as mild and transitory challenges for the individual, whereas others will have serious and longer lasting effects. When a problem is particularly severe or persistent over time, individuals may be diagnosed as having mental health disorders.

If a member of staff is concerned about the mental health or wellbeing of themselves, a student, parent/carer or colleague, they should in the first instance, speak to the relevant Head of Year or Designated Mental Health Lead.

If there is a concern that a student or colleague is at high risk or in danger of immediate harm, the school's child protection procedures should be followed.

6. Managing Disclosures

If a pupil makes a disclosure about themselves or a peer to a member of staff, staff should remain calm, non-judgmental and reassuring.

Staff will focus on the pupil's emotional and physical safety, rather than trying to find out why they are feeling that way or offering advice.

Staff will always follow our school's safeguarding policy and pass on all concerns to the Safeguarding Team and/or the mental health lead. All disclosures are recorded on CPOMS and stored in the pupil's confidential child protection file on CPOMS.

When making a record of a disclosure, staff will include:

- The full name of the member of staff who is making the record
- The full name of the pupil(s) involved
- The date, time and location of the disclosure

- The context in which the disclosure was made
- Any questions asked or support offered by the member of staff

7. Confidentiality

Staff will not promise a pupil that they will keep a disclosure secret – instead they will be upfront about the limits of confidentiality.

A disclosure cannot be kept secret because:

- Being the sole person responsible for a pupil's mental health could have a negative impact on the member of staff's own mental health and wellbeing
- The support put in place for the pupil will be dependent on the member of staff being at school
- Other staff members can share ideas on how to best support the pupil in question

Staff should always share disclosures with at least 1 appropriate colleague. This will usually be the DSL/mental health lead. If information needs to be shared with other members of staff or external professionals, it will be done on a need-to-know basis.

Before sharing information disclosed by a pupil with a third party, the member of staff will discuss it with the pupil and explain:

- Who they will share the information with
- What information they will share
- Why they need to share that information

Staff will attempt to receive consent from the pupil to share their information, but the safety of the pupil comes first.

Parents/carers will be informed unless there is a child protection concern. In this case the child protection policy will be followed.

7.1 Process for managing confidentiality around disclosures

1. Pupil makes a disclosure
2. Member of staff offers support
3. Member of staff explains the issues around confidentiality and rationale for sharing a disclosure with DSL/mental health lead
4. Member of staff will attempt to get the pupil's consent to share – if no consent is given, explain to the pupil who the information will be shared with and why
5. Member of staff will record the disclosure and share the information with the chosen elected member of staff
6. The DSL/mental health lead will inform the parent/carer (if appropriate)
7. Any other relevant members of staff or external professionals will be informed on a need-to-know basis

8. Supporting Pupils, Parents and Staff

8.1 Level 1 Universal School Support for Pupils

As part of our school's commitment to promoting positive mental health and wellbeing for all pupils, our school offers support to all pupils as early as possible by:

- Raising awareness of mental health during assemblies, the pastoral curriculum during tutor time, PSHE and mental health awareness week

- Signposting all pupils to sources of online support on our school website
- Having open discussions about mental health during lessons
- Providing pupils with avenues to provide feedback on any elements of our school that is negatively impacting their mental health – school counsel and google forms
- Teacher identification and promotion of Borden Values through achievement points and celebration assemblies.
- Form tutors getting to know their tutor groups to become familiar with changes in pupils' mental health through daily tutor time
- Opportunities for student voice and decision making, such as student wellbeing surveys, school council representation and departmental surveys;
- Appointing a senior mental health lead with a strategic oversight of our whole school approach to mental health and wellbeing
- Offering pastoral support, e.g. through form tutors, heads of year to Inclusion Panel
- Making classrooms a safe space to discuss mental health and wellbeing through interventions such as **promoting:**
 - Wellbeing@ email
 - Peer Mentors
 - Mental Health First Aiders
 - School Welfare Officer

Level 1 Universal School Support for Parents and Carers wanting to support their child

- Parental/carer signposting to free courses at Meadowfield Inclusion Development And Support (MIDAS):
- <https://www.meadowfield.kent.sch.uk/midas-and-stls/parent-courses-and-bookings-2/>
- 1:1 discussion with parents/carers via pastoral teams or Heads of Key Stage to provide supportive dialogue, general advice and identification of students who may need a higher level of school support or specialist services;
- Parental access to a designated Borden Grammar wellbeing team by emailing: wellbeing@bordengrammar.kent.sch.uk
- Procedures in place to ensure that parents/carers who are experiencing financial, social or emotional hardships, are given the support they need to ensure that their child is able to participate and be included in activities that promote social, health and emotional wellbeing.
- Signposting of Mental Health and Wellbeing services through communication channels (telephone, email, school website and social media)

Level 1 Universal School Support for Staff

- Signposting of Mental Health and Wellbeing services around the school (such as in the staff room and toilets etc.) and through communication channels (email and school website)
- Staff access to a designated Borden Grammar wellbeing team by emailing: wellbeing@bordengrammar.kent.sch.uk
- Staff access to external support services: www.educationsupport.org.uk/helping-you/telephone-support-counselling 08000 562561
- Socialisation activities organised by Leadership Group to promote wellbeing for staff, such as provision of food on Staff Development Days for communal lunches and sweet treats in the staffroom;
- Staff recognition awards;
- Staff access to wellbeing resources and training: <https://kentresiliencehub.org.uk/>, <https://www.minded.org.uk/> and CPD through National college;
- Staff workload and wellbeing working party.

8.2 Assessing What Further Support is Needed

If a pupil is identified as having a mental health need, the DSL and Head of Year will take a graduated and case-by-case approach to assessing the support our school can provide, further to the baseline support detailed above in section 8.1.

Our school will offer support in cycles of:

- Assessing what the pupil's mental health needs are
- Creating a plan to provide support
- Taking the actions set out in the plan
- Reviewing the effectiveness of the support offered

8.3 Internal Mental Health Interventions

Level 2: Early Help for Pupils

Where appropriate, a pupil will be offered support that is tailored to their needs as part of the graduated approach detailed above. Early help is a principle that can be applied at every level of need but largely describes the support of individuals who are experiencing more prolonged periods of emotional, social or behavioural difficulties and who would be likely to benefit from some additional support. This might include feelings of low mood, bullying, anxiety or bereavement.

Level 2 provision at Borden Grammar school for students, aims to provide an additional layer of support and includes (but is not limited to):

- Therapeutic support from the School Welfare Officer;
- Resilience conversations;
- Targeted group or 1:1 intervention sessions:
 - Resilience
 - Emotional regulation
 - Friendship skills
 - Study skills
 - Positive thinking programme
 - Anger Management;
- MIND – targeted support programmes <https://midkentmind.org.uk/youth-services/>
- Local Inclusion Forum Team (LIFT) and the Specialist Teaching and Learning Service (STLS);
- School Health Service - providing support for emotional or general health <https://www.kentcht.nhs.uk/service/school-health/>
- Youth hubs (specialist support and advice): <https://www.kent.gov.uk/education-and-children/young-people/youth-hubs>
- Reduced timetable on a bespoke basis as agreed with student and parents/carers
- Time-out pass
- Movement breaks
- Peer Mentors – referral through Head of Year
- Mental Health First Aiders – referral through Head of Year
- Welfare checks – calendared follow up with a trusted/key adult
- Safe spaces to use, e.g. sensory room
- Interventions, e.g. Walk & Talk, therapy dog, sensory room
- Advice from STLS (Specialist Teaching and Learning Service)

Level 2 Provision for Parents and Carers Wanting to Support their Child

Level 2 universal support for parents includes (but is not limited to):

- GP

- National Health Services – providing support for emotional or general health
<https://www.kentcht.nhs.uk/service/school-health/>
- Kent and Medway children and young people’s wellbeing and mental health service: Single Point of Access - <https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health> or call 0800 011 3474;
- Kent and Medway all age eating disorders service:
<https://www.nelft.nhs.uk/services-kent-medway-eating-disorders/> 0300 300 1980;
- Anna Freud Centre for Children and Families:
<https://www.annafreud.org/services/services-for-families/>
- YoungMinds parental/carers helpline: 0808 802 5544
<https://www.youngminds.org.uk/about-us/contact-us/>

Level 2 Provision for Staff

Level 2 provision at Borden Grammar School for staff includes (but is not limited to):

- Line management procedures – coaching and support.
- Staff Support Line (KCC) 03000 411411 – any member of staff can call the support line and will be informed that the School Business Manager is the ‘gate keeper’ and as such she will be emailed by the support line for employment confirmation purposes only.

8.4 Individual Healthcare Plans (IHPs)

A pupil will be offered an individual healthcare plan (IHP) and/ or a risk assessment if there are bespoke provisions that are in place to keep that child safe and improve the emotional and mental health of the young person at school.

IHPs are written in collaboration with the pupil (if appropriate), their parent/carer, and any other relevant professionals, such as CAMHS, STLS, NELFT.

The pupil’s IHP will contain the following details:

- The mental health issue (and its triggers, signs, symptoms and treatments)
- The pupil's needs resulting from the condition
- Specific support for the pupil’s educational, social and emotional needs
- The level of support needed
- Who will provide the support
- Who in our school needs to be aware of the child’s condition
- What to do in an emergency

Level 3 Complex Needs and External Specialist Support

A smaller proportion of individuals will have more significant and sustained difficulties and will require support from specialist mental health services. These difficulties may include severe anxiety or depression, significant neurodevelopment difficulties, self-harm, sustained eating disorders or early onset psychosis and will often need a multi-modal treatment (involving more than one mental health practitioner).

Level 3 Services Accessed by Borden Grammar School for Students include (but are not limited to):

- Individual Health Care Plan;
- The Rosewood School
- Educational Psychology Service
- Kent and Medway Children and young People’s Wellbeing and Mental Health service: Single Point of Access – 08000 011 3474
<https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health>

- Kent and Medway All Age Eating Disorders Service: 03000 300 1980
<https://www.nelft.nhs.uk/services-kent-medway-eating-disorders/>
- Children's Therapy Team:
<https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/swale-childrens-therapy/>;
- Swale Early Help & Children's Social Work Services:
<https://www.kelsi.org.uk/special-education-needs/integrated-childrens-services/early-help-contacts>
Front Door: 03000 411111 / Out of Hours Number: 03000 419191;
- Kent Police: call 101 (or 999 if there is an immediate risk of harm)

Level 3 Services Recommended by Borden Grammar School and Accessed by Parents and Carers include (but are not limited to):

- GP
- Primary mental health workers
- Community paediatricians
- Specialist therapists
- Child and adolescent psychologists
- National Health Services: NHS 111 online services <https://111.nhs.uk/> or call 111 (call 999 if there is an immediate risk of harm)
- Children's Therapy Team
<https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/swale-childrens-therapy/>

Level 3 Services Recommended by Borden Grammar School and Accessed by Staff include (but are not limited to):

- Occupational health referral

8.5 Making External Referrals

If a pupil's needs cannot be met by the internal offer our school provides, our school will make, or encourage parents/carers to make, a referral for external support. Some individuals may have 'very complex' needs as they are seriously mentally ill to the extent that they require in-patient support or intensive intervention and monitoring within the community. These conditions may include significant eating disorders, emerging borderline personality disorder, schizophrenia or suicidality. In such instances, Borden Grammar School will work in partnership with acute specialist in-patient and outreach services.

A pupil could be referred to:

- Their GP or a paediatrician
- Request for Support to Front Door
- School Health
- Single Point of Access (SPA)
- CAMHS
- Mental health charities (e.g. [Samaritans](#), [Young Minds](#), [Kooth](#))
- Local counselling services, e.g. bereavement, self harm, eating disorders.

9. Supporting and Collaborating with Parents/Carers

We will work with parents/carers to support pupils' mental health by:

- Asking parents/carers to inform us of any mental health needs their child is experiencing, so we can offer the right support
- Informing parents/carers of mental health concerns that we have about their child
- Engaging with parents/carers to understand their mental health and wellbeing issues, as well as that of their child, and support them accordingly to make sure there is holistic support for them and their child
- Highlighting sources of information and support about mental health and wellbeing on our school website, or through the school newsletter, including the mental health and wellbeing policy
- Liaising with parents/carers to discuss strategies that can help promote positive mental health in their child
- Providing guidance to parents/carers on navigating and accessing relevant local mental health services or other sources of support (e.g. parent/carer forums)
- Keeping parents/carers informed about the mental health topics their child is learning about in PSHE, and share ideas for extending and exploring this learning at home

When informing parents/carers about any mental health concerns we have about their child, we will endeavour to do this as soon as possible and preferably by speaking directly to them.

These conversations/meetings can be difficult, so our school will ensure that parents/carers are given time to reflect on what has been discussed, and that lines of communication are kept open at the end of the meeting.

A record of what was discussed, and action plans agreed upon in the meeting will be recorded on CPOMS and added to the pupil's confidential record on CPOMS.

If appropriate, an individual healthcare plan (IHP) will be created in collaboration with parents/carers.

10. Supporting Peers

Watching a friend experience poor mental health can be very challenging for pupils. Pupils may also be at risk of learning and developing unhealthy coping mechanisms from each other.

We will offer support to all pupils impacted by mental health directly and indirectly. We will review the support offered on a case-by-case basis. Support might include:

- Strategies they can use to support their friends
- Things they should avoid doing/saying
- Warning signs to look out for
- Signposting to sources of external support

11. Signposting

Sources of support are displayed around our school and linked to on our school website, so pupils and parents/carers are aware of how they can get help.

The Designated Safeguarding Leads will be available to provide further information to pupils and parents/carers if they want to learn more about what support is available.

Students and Parents/Carers will also be annually emailed a list of contacts that signposts towards provision for mental health support (See Appendix 1)

12. Whole School Approach to Promoting Mental Health Awareness

12.1 Mental Health is taught in PSHE

We follow the [PSHE Association Guidance teaching mental health and emotional wellbeing](#).

Pupils are taught to:

- Develop healthy coping strategies
- Challenge misconceptions around mental health
- Understand their own emotional state
- Keep themselves safe

For more information, see our PSHE curriculum (see Appendix 2).

12.2 Creating a Positive Atmosphere around Mental Health

Staff will create an open culture around mental health by:

- Discussing mental health with pupils in order to break down stigma
- Encouraging pupils to disclose when their mental health is deteriorating

13. Training

All staff will be offered training so they:

- Have a good understanding of what pupils' mental health needs are
- Know how to recognise warning signs of mental ill health
- Know a clear process to follow if they identify a pupil in need of help

This is covered in the Safeguarding training delivered to all staff annually.

14. Further Support for Staff

We recognise that supporting a pupil experiencing poor mental health can affect that staff member's own mental health and wellbeing. To help with this we will:

- Treat mental health concerns seriously
- Offer staff supervision sessions
- Support staff experiencing poor mental health themselves – The DSL sends out reminders of the provision available three times a year via email to all staff
- Create a pleasant and supportive work environment – under Directed Time hours, regularly consulted with, staff surveys, promote and sign post useful resources at least 3 times a year
- Offer an employee assistance programme:

This helpline is available to any member of staff who works in an educational establishment:

<https://www.educationsupport.org.uk/get-help/help-for-you/helpline/>

Borden Grammar School also has a counselling service which staff can self-refer to: this is the page with all the information on:

<https://www.kelsi.org.uk/hr-information-and-guidance-for-kent-maintained-schools/information-for-staff-in-kent-maintained-schools/staff-counselling>

If staff scroll down to the bottom, under 'Contact' it gives a link that can be filled out for

a Counselling Request Form or call the counselling team to arrange. **Staff do not need to tell anyone that they are doing this - they don't need to ask for permission, their line manager does not get notified.**

We also have a staff coaching team. This is for any member of staff who would like to buddy with another staff member to help support and grow an area they have identified, that they would like help with.

15. Monitoring Arrangements

This policy will be reviewed by the Assistant Headteacher for Safeguarding & Inclusion every three years. At every review, the policy will be approved by the Trust Board.

Appendix 1 – Mental Health & Wellbeing Resources

I want to find some support but I don't want everyone to know. Is there anything I can access myself?

Release the pressure

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure> Text the word **SHOUT** to **85258** for free confidential support at any time. Free expert advice from trained counsellors is available for every mental health concern, including: anxiety, depression, low self-esteem, money worries, relationship troubles, stress and suicidal thoughts. The 24-hour text support service is powered by trusted partners Shout <https://www.giveusashout.org/> and **Crisis Text Line** <https://www.crisistextline.uk/>

What else is available?

KOOTH: this is a service for ages 10 up to 25. It's online mental health support that gives free and confidential advice. There is also the facility to chat with a team member

www.kooth.com

KOOTH has an online community where you can remain anonymous but still access online support and counselling. There are different parts to this site: **KOOTH** magazine is full of other people's experiences, written by other young people. There are **KOOTH** discussion boards where you can start or join a conversation on all sorts of topics and issues. There are also tools to help you to help yourself, like keeping an online diary. Another feature is **KOOTH** messenger where you can chat with others, via messages, or even contact a trained counsellor to have a conversation through text messages.

KOOTH will only ask a few questions when you access the site: they DO NOT want your name. They only ask which area you live in (NOT your address); they ask for your age (so that they provide the right support for your age group, not somebody younger or older) and they ask for gender and ethnicity - but you can tick 'prefer not to say' if you'd rather. Then they ask you to create a profile name so that you can remain anonymous. That's it - all done.

What if I decide I'd like to speak to someone - but someone who doesn't know me?

Try **The Mix**: Essential support for under 25s. Here you can visit their discussion boards, use their Support Groups and speak to their trained team www.themix.org.uk Their trained team provides help for young people aged 11-25. **The Mix** isn't just about young people and mental health, they also provide support for relationship issues, working life, school life, housing, depression and any other issues all year round. Sign up for free counselling online or text their 24/7 crisis line.

There's also **Childline - 0800 1111** which is a free line to speak to a counsellor, or you can access online support to message a counsellor, or email them. There is a wealth of material on their website that's worth looking at as well:

www.childline.org.uk/get-support/contacting-childline/

think I'd rather just read some material in my own time. I don't think I want to talk to anyone; I just want to know where to get information. Where do I go for that?

Have a look at **Every Mind Matters Mental health and self-care for young people**

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

There are loads of things we can all do to look after our mental wellbeing, and taking any time you can for self-care is massively important. Knowing what steps, we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us – and that goes not just for today but for the future too. Check out the videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media. You will also find links to more support for specific groups of people who may be finding things tough, have additional needs, or are facing a specific issue.

There are also links to other support sites, like **Young Minds**:

<https://www.youngminds.org.uk/young-person/> Whether you want to understand more about how you're feeling, get information about a mental health condition or find support, our guides can help. If you need help speaking to someone, start with our guide to reaching out for help.

What about if I have questions about my sexual orientation or gender identity?

Have a look at the support offered by **Be You**: <https://thebeyouproject.co.uk/>

They have guides on Coming Out, Sex and Sexual Health, Staying Safe. They also have information for parents, carers and friends, plus a resources section as well.

What if I have health questions that I want advice on but don't want to go to my doctor?

ChatHealth <https://chathealth.nhs.uk/> provides confidential help and advice. It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your

name. Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area. **Advice for Teens in Kent**

- Organisation: Kent Community Health NHS Trust

- Service: Kent School Health Service

- For: Young people aged 11-19

- Response time: Within 24 hours, 9am to 5pm Monday to Friday
(except bank holidays) 07520 618850

What about resources for parents and carers so they can help me?

There are lots of places parents and carers can access help for you. Most of the websites and services mentioned in this guide all have a section or tab on their sites for parents as well.

Kent Resilience Hub has a wealth of links to a range of different providers and services that you may find useful as a starting point:

<https://kentresiliencehub.org.uk/schools/services-for-young-people/>

If you are feeling incredibly depressed or suicidal then start with a visit to your **GP or call NHS 111**. Your doctor may refer you to **CAMHS (Child and adolescent mental health services)**, which is a service to support children and adolescents' access mental health support.

If you are in immediate danger, parents and carers should call 999 or go straight to A&E.

Another option for parents and carers is to contact the **Single Point of Access (SPA)** on **0800 011**

3474. This line is supported Monday-Friday, 8am - 6pm. Staff will listen and talk through the support available to parents, carers and to students.

A telephone consultation will signpost two options: either emotional wellbeing support or mental health support. This SPA can also provide the Young People's Counselling Service for youths up to 19 who are struggling with their emotional health:

<https://family.kentcht.nhs.uk/support/emotional-health-and-wellbeing/supporting-your-childs-emotional-wellbeing/>

SPA can also be accessed online:

www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health www.kentcht.nhs.uk/school-health (counselling)

There are some excellent resources on sites like: **YoungMinds**

<https://www.youngminds.org.uk/parent/> which has a parents and carers helpline: 0808 802 5544 (Mon-Fri, 9:30am-4pm, free for mobiles and landlines)

The **Anna Freud Centre for Children and Families** has a series of podcasts on a range of issues as a wave of support, alongside other material and resources:

www.annafreud.org/parents-and-carers/child-in-mind/

Kent Resilience Hub also has a designated section for parents and carers wanting more help or advice: <https://kentresiliencehub.org.uk/>

What help is available in school?

You can speak to your **form tutor, your Head of Year or your Key Stage Lead**. If you don't want to do that, you can make contact with the wellbeing team by emailing:

wellbeing@bordengrammar.kent.sch.uk and your message will be picked up by only four members of staff. One of them will then discreetly come and find you to have a chat about your concerns and offer you some help.

Borden has a **School Welfare Officer** who can see you for weekly or fortnightly sessions to support you over a period of time. Borden also has a teacher who runs sessions on resilience on a one-to-one basis and this give you strategies to help you deal with stress, anxiety and depression. Again, these sessions are run discreetly so not everyone will know you are accessing help and support.

I'm off to college or university soon - what happens if I need some support and I'm away from home and friends?

Remember, a lot of the support in this leaflet is available up to the age of 19 and some offer support up to the age of 25 [The Mix](#) or for any age [Release the Pressure](#)

There is some specific support for students at university: www.studentminds.org.uk

And by texting **SHOUT** to **85258**, you can access free, confidential and anonymous support.

What about help and advice around sexual health?

www.brook.org.uk - Free and confidential sexual health and wellbeing experts, as well as links to other support (medical advice, emotional support and mental health, domestic abuse and sexual violence).

What about support to prevent self-harm?

www.selfinjurysupport.org.uk - This website has a range of support, including for friends and parents and carers. Helpline: 0808 800 8088 which offers free, confidential and non-judgemental support. Text support: 07537 432 444 and they will reply during their opening hours, Monday and Thursday, 7- 10pm

There is also: **We are With You - Mind and Body in Kent** which supports students aged 13-25 who are self-harming, or at risk of self-harming. They can be contacted on:

<https://www.wearewithyou.org.uk/local-hubs/kent> They have an online referral form, they have an online chat function or you can telephone them on: 01795 500881 (Opening hours: Monday to Friday, 9am to 5pm).

What if I am having suicidal thoughts and am feeling desperate? Or what if I need advice to support my friend?

Call **Samaritans**: 116 123 (24-hour helpline), free of charge from mobile or landline

CALM (Campaign Against Living Miserably) help and support for young men aged 15-35
Helpline: 0800 585858 It's open from 5pm - midnight every day) www.thecalmzone.net

Papyrus: Prevention of Young Suicide -

www.papyrus-uk.org Helpline number: HopeLine UK -
0800 068 4141

What if I need help around a sexual incident, or sexual violence?

Contact an **ISVA (Independent Sexual Violence Advisors)** for counselling, therapeutic interventions and practical support. They will support survivors of sexual violence, both recent and historic. <https://survivorsnetwork.org.uk/get-help/isva-service/>
This is a specialist student ISVA service to support those in education: 01227 826 900

What if I need help and support around my eating?

Contact **BEAT** which is an organisation that supports young people, and their families and friends, when help or advice is needed around eating disorders.
www.beateatingdisorders.org.uk/

There is also the **All Age Eating Disorders Service for Kent and Medway** which is a specialist service who will work with young people and their families. Their website for more information is: www.nelft.nhs.uk/services-kent-medway-eating-disorders

To contact the service, you can call the team on 0300 300 1980 or email them on:
KentandMedwayEatingDisordersService@nelft.nhs.uk

I would like support as I am struggling after a bereavement - where do I look for help?

There are a number of bereavement support services available - locally, there is '**Holding On, Letting Go**' and this is their website: <https://holg.org.uk/> or by telephone: 03445 611 511

There is also **CHUMS - Kent and Medway Specialist Bereavement Support Service** and they can be found on: <https://chums.uk.com/kent-bereavement-service/>

The organisation, **Grief Encounter**, also have a helpline that is open 9.30am - 3pm on weekdays and can be accessed by telephoning 0808 802 0111. They also offer an instant webchat service and can be emailed at: <https://www.griefencounter.org.uk/>

