

# So you think a child might have mental health difficulties...

## What are the next steps?

### Log concerns (CPOMS)

- If you have a concern about a child's mental health, you should **ALWAYS** log it on the CPOMS safeguarding system.

### Safeguarding team discussion

- The safeguarding team (made up of Mrs Ward, Mr Cooper, and Mrs Robertshaw) will then discuss the CPOMS concern.
- They may get some outside advice if needed.

### Working with parents

- The school will contact the child's parents to discuss the concern and get some more information.
- It's important that the school and the child's parents work together to help the child.

### In-house support

- Most mental health difficulties can be dealt with in-house (e.g. in the classroom or with the learning mentor/play therapist).
- The school has many ways to support pupils.

### Community support

- Sometimes, a pupil will need more serious support, for example from the NHS.
- If necessary, Mrs Ward will help make referrals to outside services.

The support available will vary based on the **type** and **severity** of a child's mental health difficulties.

In school support is shown in **yellow**; support in the community is shown in **orange**.

Less severe/whole-school

More severe

## What kind of support is available for the child?



PSHE



Regular check-ins



Staff training



School nurse



Young carers



Play therapy



Assemblies



Worry box/worry monster



In-class support



Learning mentor




CHUMS



CAMHS

# More about available care and support...


Sacred Heart Catholic Primary School has a wide variety of programmes designed to support pupils with mental health difficulties. This includes **in-school** support as well as referral to **community** support.



**PSHE**

**What?** PSHE lessons include mental health & wellbeing as topics


**Who?** All pupils



**Staff training**

**What?** Staff receive training on topics like trauma and solution-focused mentoring


**Who?** Helps all pupils



**Young carers**

**What?** Support and play group in the community


**Who?** Pupils with caring responsibilities



**Assemblies**

**What?** Rights Respecting Schools assemblies can have themes of mental health & wellbeing


**Who?** All pupils



**In-class support**

**What?** Teachers provide support in the classroom (e.g. make adjustments based on needs)


**Who?** Pupils with specific needs



**CHUMS**

**What?** Therapeutic support for mental health difficulties


**Who?** Pupils with identified mental health needs



**Regular check-ins**

**What?** Teachers, TAs, and other staff regularly check in with pupils to see how they're doing


**Who?** All pupils



**School nurse**

**What?** Support for individual families (especially for anxiety)


**Who?** Pupils with identified mental health needs & their families



**Play therapy**

**What?** Child-friendly therapy centered around play


**Who?** Pupils with identified mental health needs



**Worry box/worry monster**

**What?** These are ways that pupils can raise concerns about worries to adults in the school


**Who?** Available to all pupils



**Learning mentor**

**What?** Mrs Duffy provides 1:1 support/interventions

**Who?** Pupils with identified mental health needs



**CAMHS**

**What?** Referral to child and adolescent mental health services (medical intervention)

**Who?** Pupils with severe problems

