Cardinal Wiseman Catholic School: MENTAL HEALTH STRATEGY

Whole school programme: Students Years 7 – 11 Parents/Carers Staff

Tier 1: Pre-emptive measures

> Tier 2 Provision: More targeted support

PSHE programme - via Formation & drop-down days Assembly programme - with SLT and externals such as KOOTH Raising the Bar briefings - with links made to the global calendar MHFA, DSL and pastoral teams are available to all students Student Voice activities - BREATHE survey, and collections in January & June Student lunch-time drop-ins with Compass MHST and peer mentors Termly parental drop-in sessions with Compass MHST MH Performance for ks3 Promotion of the 'Emotions Wheel' and the language of MH Student wellbeing club in the Hub Promotion of the Wiseman Virtues and Catholic ethos Work of chaplaincy team School Council

Access to the Hub for SEND students LGBTQ+ Club Young Carer support LAC support

Compass MHST Tf sessions - i.e. coping with exam stress / Yr 7 transition Group sessions with Sporting Elite and external mentors Exam stress assemblies prior to assessment weeks Year 7 Transition - induction evening and group support Post-16 support - including careers advisor interviews

One-to-one counselling sessions with SSC and externals One-to-one mentoring with externals Specific signposting for students and parents - i.e. YoungMinds, KOOTH, Cruse Bereavement Occupational therapist referrals Early Help and Forward Thinking Birmingham Referrals School nurse

Clinical Psychologist Referral (via SEND department) Children's Social Services Referral (via DSL) CAMHS Referral (via DSL) People involved-

HOD for PSHE MH Lead (SLT) and other SLT Formation tutors MHFA and DSL teams Wider pastoral teams - HOY, RSLs External organisations - i.e. KOOTH and Compass MHST SEN / Hub staff Chaplaincy team

People Involved:

MH Lead (SLT) and other SLT Formation tutors MHFA and DSL teams Wider pastoral teams - HOY, RSLs External organisations - i.e. YMCA for YCs, Compass MHST and Sporting Elite SEN / Hub staff

People Involved:-External organisations - Compass MHST, Sporting Elite etc. School Nurse Occupational therapist DSL, MHFA and SEN teams

People Involved:-Children's Social Services CAMHS Clinical Psychologist

Tier 3 Provision: Greater need