SOUTHAM COLLEGE

SUPPORTING MENTAL HEALTH

WHAT IS MENTAL HEALTH?

The World Health Organisation describes 'mental health' as "a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community."

OUR VISION

At Southam College, our vision is to promote positive mental health for every member of our staff, parent/carer and student body. In addition to promoting positive mental health, we aim to recognise and respond to mental ill health. We pursue and commit to this aim using both universal, whole school approaches and more specialised, targeted approaches where appropriate.

HOW DO WE APPROACH MENTAL HEALTH UNIVERSALLY ACROSS THE WHOLE SCHOOL?

At Southam College, we promote positive mental health for all. All students are taught about mental wellbeing through our Character and Culture curriculum, educating them in an age-appropriate way the skills, knowledge and understanding to keep themselves and others mentally healthy and safe. Students receive tutor mentoring, providing an opportunity to discuss any worries or concerns with a trusted adult. Safeguarding Week and Mental Health Awareness Week are celebrated, as well as World Mental Health Day, enabling students to focus on aspects of mental health through a range of activities. Our student 'Wellbeing Team' also help to lead events and campaigns to raise awareness about steps students can take to protect and support their own health and wellbeing. www.southamcollege.com/students/art-of-wellbeing

WARNING SIGNS OF MENTAL HEALTH DIFFICULTIES

Like physical health, mental health is something we all have. It will fluctuate daily and change over time. There are many possible warning signs which may alert an adult that a young person is experiencing a mental health difficulty. These include:

1. The student reporting there is a problem, e.g. feeling low or anxious recently
2. Significant changes in the student's appearance, e.g.: weight loss/gain, decline in personal hygiene, signs of self-harm
3. Changes in mood, for example: mood is very up and down, miserable, tired, withdrawn
4. Physical signs of harm that are repeated or appear non-accidental
5. Changes in eating patterns or sleeping habits
6. Concerns expressed from peers, family, other staff members
7. Changes in behaviour, academic achievement, extracurricular activity engagement, or among peers. E.g., doing too much work, not socialising as much as usual, withdrawn, not attending school, being late
8. Increased isolation from peers, family
9. Talking or joking about self-harm or suicide
10. Abusing drugs or alcohol
11. Expressing feelings of failure, uselessness, or loss of hope
12. Changes in clothing – e.g. long sleeves in warm weather
13. Secretive behaviour
14. Skipping PE or getting changed secretively
15. Repeated physical pain or nausea with no evident cause

HOW DO WE PROVIDE SPECIALISED TARGETED APPROACHES TO MENTAL HEALTH?

At times, young people may find themselves experiencing a mental health difficulty. All staff and students are educated on who to talk to in a time of mental health difficulty; this includes the Designated Safeguarding Lead (Megan Browne), Deputy Designated Safeguarding Lead (Tom Partridge), Senior Mental Health Lead (Shellie Campbell-Birch), other trained safeguarding staff, Heads of Year, tutors or any trusted adult in school. When a concern is raised about a young person's mental health, the Safeguarding and/or Mental Health team will work collaboratively with the student, their parent(s)/carer(s) and other relevant adults if required, to identify the most appropriate targeted support. This could include external providers such as MHST, Compass, Lifespace, Counselling, RISE or Art Therapy.

Kindness Confidence Resilience

01926 812560

MORE INFORMATION
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WHAT WILL STAFF DO IF THEY NOTICE ONE OR MORE OF THESE WARNING SIGNS?

At Southam College we maintain a culture of vigilance and all staff are trained by the Designated Safeguarding Lead (DSL) to understand how to raise a concern about a student's mental wellbeing in a timely manner. A member of staff will raise their concern to the DSL on the same day, and the DSL or another member of the safeguarding team will work with the student and their parent(s)/carer(s) to identify the most appropriate targeted approach and make a referral where appropriate

WHAT CAN PARENTS/CARERS DO IT THEY NOTICE ONE OR MORE OF THESE WARNING SIGNS?

Parents/carers are encouraged to contact school to raise a concern about a young person. The student's Head of Year, the DSL and the Deputy DSL can all be contacted via email or telephone to raise a concern. Contact details can be found on the Safeguarding page of the school's website: Safeguarding - Southam College. Students at Southam College can also raise a concern on The Student Voice, which can be accessed using the same link on the Safeguarding page.

Peer mentoring: Led by a Senior Mental Health Lead, Southam College Sixth Form's peer mentoring team support students in Key Stages 3 and 4 during tutor time on a weekly basis. Sixth Form Mentors receive training and support from our trained Senior Mental Health Lead.

School Counsellor: We are lucky to have a school counsellor offering 2 full days of face-to-face in school sessions each week, with a Cognitive Behavioural Therapy approach. Referred students have access to weekly sessions, and referrals can be made by Heads of Year and Safeguarding staff.

Art Therapy: Art Therapy sessions take place within school, with a Mental Health Nurse who specialises in an Art Therapy approach. Referred students complete 10 therapeutic sessions, using art as a means of communication and expression. Referrals can be made within school by a student's Head of Year.

Lifespace: Lifespace is a local charity which supports young people through mentoring which can take place in school and outside of school. They focus on building confidence, self-esteem and resilience. Referred students are able to meet regularly with their mentor in a safe and familiar setting in school. www.lifespace.org.uk

MHST: The Mental Health in Schools Team is an NHS body which works closely with school to provide mental health interventions, supporting with mental health concerns such as low mood and anxiety. MHST offer Cognitive Behavioural Therapy (CBT) approaches.

Connect for Health (Compass): Connect for Health is a service led by the school nurse team, which supports with a range of physical and mental health needs such as low mood, anxiety, stress and eating and appetite concerns. They offer ChatHealth, a confidential text messaging service for young people (07507 331 525) and a confidential messaging service for parents/carers (07520 619 376). www.compass-uk.org/services/c4h

Rise: Rise is Coventry and Warwickshire's CAMHS service. There are many different strands to Rise, and each is led by a mental health specialist. Rise provide group and individual therapeutic services. They also provide the Dimensions of Health and Wellbeing Toolkit which children can complete to create a self-care report. Home | CAMHS (cwrise.com)

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