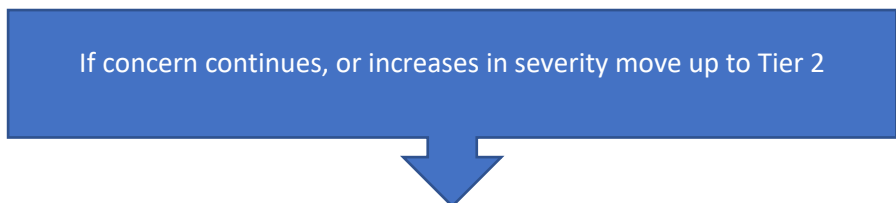




Social Emotional Mental Health Provision Mapping

Tier 0: Universal Support For all students.
<p>Current Provision:</p> <ul style="list-style-type: none"> • PSHE curriculum • Assembly rota • House wellbeing sessions • Access to online resources e.g. Kooth, • Tutor group development • Inspire sessions • Positive reward systems – star student • Warlingham learner • Displays show strategies for growth and resilience • Library • Extracurricular • Online safety

Tier 1: Pastoral response to general concerns		
These concerns are categorised as short periods of feeling not able to cope. These will be incidents that cause a child distress but do not seem to have a long term or lasting impact on wellbeing.		
What are the concerns?	Who should respond to this?	How should we respond?
<ul style="list-style-type: none"> • Friendship issues • Death of a pet • Low level worry e.g. before tests/changes/transitions • Concerns around homework/ individual lessons and teachers • Illness in the family • Short term academic stress • Arguments with parents/ siblings • Changes at home e.g. moving house • Low level behaviour issues / disruption • Illness affecting learning e.g. frequent headaches, needing to go to the toilet 	<ul style="list-style-type: none"> • Form tutors • Class teachers • Attendance team • LD department. 	<ul style="list-style-type: none"> • Listen to the child and reassure. • Contact home to make them aware, offer additional support. • Liaise with individual class teachers around subject/homework issues <ul style="list-style-type: none"> • Restorative meetings between students. • Liaise with attendance around health issues - • Link student into homework club or other extra-curricular activities <ul style="list-style-type: none"> • Monitor behaviour, attendance and punctuality closely and discuss with student on a regular basis.



Tier 2: Response to low level incidences and concerns

These concerns are categorised as those which are longer term and are beginning to impact on the welfare and academic progress of the child.

What are the concerns?	Who should respond to this?	How should we respond?
<ul style="list-style-type: none">• Sustained periods (or a series of short periods) of not feeling able to cope/low mood.• Long term and repetitive friendship problems (over a term or more without resolution• More significant anxiety in class or surrounding a specific lesson / teacher• Divorce / separation of parents• Exam anxiety• Bereavement of extended family member (not parent/ guardian / sibling)• Isolation from friends / loneliness.• Drop in attendance sustained over half a term.• Emotional response to an upsetting event which causes a period of distress but which does not cause specific safeguarding concern.• Low level disruptive behaviour across a few different lessons over a half term• Frequent late to lessons	<ul style="list-style-type: none">• Form tutors• Class teachers• The Bridge team<ul style="list-style-type: none">• House TAs• ELSA team• Heads of House team• Attendance team	<ul style="list-style-type: none">• Speak to the child and identify key concerns.• Contact home and discuss with parents.• Speak to HOD about ongoing issues in lessons• Refer to HoH for ongoing friendship issues – House TA• Refer to House TAs - HOH• Refer to ELSA team - HOH<ul style="list-style-type: none">• Social skills group• KS3 / KS4 Lunch club<ul style="list-style-type: none">• Tutor report• Punctuality report• SEN referral if feel issues are due to SEN• Work on Zones of regulation<ul style="list-style-type: none">• Exam anxiety group

If concern continues, or increases in severity move up to Tier 3



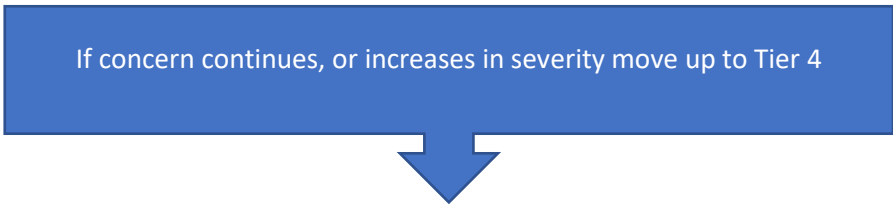
Tier 3: Targeted support in school to address mental health concerns

A sustained concern which is affecting the wellbeing and academic progress of the young person. These could be long term concerns over anxiety, mental health or depression or a response to an incident graded at Tier 2.

What are the concerns?	Who should respond?	How should we respond?
Anxiety, panic attacks and phobias	HOH Team/DSL SENCO Counselling Bridge Team Attendance	<ul style="list-style-type: none"> • Student / parent meeting • Referral to Bridge Team through HOH. • Referral to counselling / CBT through HOH • Signpost student / parents to support services – see list attached • Ask parents to arrange initial meeting with GP • Give students / parents Anxiety support leaflet - https://stem4.org.uk/wp-content/uploads/2022/05/0203-1.-Anxiety-stem4-DL-Leaflet.pdf
Persistent low mood / depression	HOH Team/DSL SENCO Counselling Bridge Team Attendance	<ul style="list-style-type: none"> • Student / parent meeting • Referral to counselling / CBT through HOH • Signpost student / parents to support services – see list attached • Ask parents to arrange initial meeting with GP • Give students / parents Depression support leaflet - https://stem4.org.uk/wp-content/uploads/2022/05/0203-2.-Depression-stem4-DL-Leaflet.pdf
Anger / behaviour management	HOH Team/DSL SENCO Behaviour Management Service (BMS) ELSA Team Senior TA HOH Team Maple Room Team	<ul style="list-style-type: none"> • Referral to BMS, ELSA or team through HOH • Head of House Report • SNAP Assessment – referral through SEN • Student / parent meeting • School of Hard Knocks referral (Y9 and Y10) – HOH • Judo Intervention (Y8) – HOH • Maple Room monitoring and support
Bereavement of close family member (parent/guardian/sibling)	HOH Team/DSL SENCO Counselling The Bridge Team Learning Space	<ul style="list-style-type: none"> • Student / parent meeting • Referral to counselling / CBT / The Bridge through HOH. • Referral to Jigsaw • Make teachers aware • Make a note of important and key dates for the child and be aware (e.g. birthdays, anniversaries, father/mothers day)
Self harm / suicidal thoughts	HOH Team/DSL SENCO Counselling Learning Space	<ul style="list-style-type: none"> • Student / parent meeting • Safety plan – HOH with TVi and attendance • Referral to counselling / CBT • Support with active strategies for managing self harm • Signpost student / parents to support services – see list attached • Ask parents to arrange initial meeting with GP • Give students / parents self harm support leaflet - https://stem4.org.uk/wp-content/uploads/2022/05/0203-4.-Self-harm-stem4-DL-Leaflet.pdf

Suspected Eating disorders	HOH Team/DSL SENCO Counselling Bridge Team CBT Attendance	<ul style="list-style-type: none"> • Student/ parent meeting • Safety plan – HOH with TVi and attendance • Referral to counselling / CBT through HOH • Ask parents to arrange initial meeting with GP • Referral to school nurse through HOH • Signpost parents and students to BEAT support hub -https://www.beateatingdisorders.org.uk/get-information-and-support/ • Give students / parents eating disorders support leaflet - https://stem4.org.uk/wp-content/uploads/2022/05/0203-3.-Eating-Disorders-stem4-DL-Leaflet.pdf
Attachment disorder / Trauma/ Looked After Children	HOH Team/DSL SENCO Counselling CBT HOH Team Virtual Schools DSL	<ul style="list-style-type: none"> • Student / parent / carer meeting • Identify key contacts for individual students • Referral to counselling / CBT through HOH • Work with virtual schools to provide additional support e.g. art therapy / tuition
Attendance issues and school refusal	HOH Team/DSL SENCO Attendance Bridge Team Inclusion Service	<ul style="list-style-type: none"> • Student / parent meeting • RAG timetable – access to Bridge • Referral to counselling / CBT through HOH • Communicate with HOD – identify and solve lesson issues • Referral to Inclusion team through HOH and attendance • Signpost student and parents/carers to support services – see list attached.
Bullying and friendship issues	HOH Team/DSL SENCOs House TAs Senior TA Anti-bullying mentors	<ul style="list-style-type: none"> • Student / parent meeting • Restorative meetings / codes of conduct (HOH team) • Form and House moves (HOH team) • Referral to House TAs / social skills group through HOH. • Signpost student and parents/carers to support services – see list attached.
Gender identity / sexual orientation (mental health difficulties arising from)	HOH Team/DSL SENCOs Senior TA LGBTQ+ Group and peer mentors	<ul style="list-style-type: none"> • Student / parent meeting • Referral to LGBTQ+ support group through HOH • Referral to counselling / CBT through HOH • Signpost student and parents/carers to support services – see list attached.
Sexual health and historic trauma	HOH Team/DSL SENCO Counselling CBT School nurse team STARS	<ul style="list-style-type: none"> • Student / parent meeting • Referral to counselling / CBT through HOH • Referral to school nurse team • Signpost student and parents/carers to support services – see list attached.
Anti-social / risky behaviour	HOH Team/DSL SENCO Maple Room Police liaison officer	<ul style="list-style-type: none"> • Student / parent meeting • Support and advice from police liaison officer • Referral to counselling / CBT through HOH • Maple room monitoring report

		<ul style="list-style-type: none"> • Referral to Safer London • Signpost students / carers to support services – see list attached
Alcohol and drug misuse	HOH Team/DSL SENCOs Maple Room Turning Point	<ul style="list-style-type: none"> • Student / parent meeting • Referral to turning point – 1:1 or group work through HOH and Maple • Referral to Safer London • Signpost students / carers to support services – see list attached
Young Carers	HOH Team/DSL SENCOs Counselling team	<ul style="list-style-type: none"> • Student / parent meeting • Support meetings set up with lead for young carers • Homework club • Additional support with resources



Tier 4: Personalised support – professional referral to high level mental health concerns		
Serious and possibly life-threatening incidents which require professional intervention outside of school.		
What are the concerns?	Who should respond?	How should we respond?
<ul style="list-style-type: none"> • Diagnosed mental health conditions e.g. anxiety, depression, psychosis, ADHD • Disclosure of incident of witnessed domestic abuse • Disclosure of direct abuse (physical, emotional, sexual or neglect) • Sustained self harm • Suicidal ideation or attempts • Evidence of county lines / CCE and CSE • Unsafe / dangerous behaviour in school preventing us safeguarding student and others. • Frequent exclusions <ul style="list-style-type: none"> • School refusal 	<ul style="list-style-type: none"> • DSL • Head of House Team (Deputy DSLs) • SENCO 	<ul style="list-style-type: none"> • Direct and immediate support from pastoral team. • Remove child to safe place to talk to an adult. • DSL to consider whether it is appropriate to contact parents. • If disclosure is made follow safeguarding policy. • Refer to social services – Surrey or Croydon depending on locality of the child. • Referral to Safer London <ul style="list-style-type: none"> • Refer to police • Direct parents towards A and E <ul style="list-style-type: none"> • Referral to CAMHS • Application for EHCP • Short term intervention at alternative provision e.g. Saffron Valley (Croydon) Reigate Valley College (Surrey) • Alternative provisions for attendance e.g. Springboard and Cotelands • Inclusion team support

LOCAL AND NATIONAL SUPPORT SERVICES

General mental health support

Young minds [\(Find Help With How I'm Feeling | Advice For Young People | YoungMinds\)](#)

YOUNG MINDS CRISIS MESSENGER a free, 24/7 crisis support service across the UK. If you're a young person & need urgent support with your Mental Health, text YM to 85258. <http://bit.ly/crisisMH>

Childline <https://www.childline.org.uk/get-support/>

You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you and help you find ways to cope.

There are lots of different ways to get in touch and you can also get help from other young people through our site.

Kooth <https://www.kooth.com/>

Free, safe and anonymous online support for young people

Chat to friendly counsellors

Read articles written by young people

Get support from the Kooth community

Write in a daily journal

Stem 4 <https://stem4.org.uk/>

Stem4 is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage.

Croydon drop in <http://croydondropin.org.uk/>

Croydon Drop In is accessible, confidential, independent, safe and flexible for young people seeking free support and counselling

Mindworks Surrey <https://www.mindworks-surrey.org/>

Surrey Children and Young People's Emotional Wellbeing and Mental Health Service

The Mix <https://www.themix.org.uk/>

The Mix is for you whether you're 13, 25, or any age in between. They take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. They give you the information and support you need to deal with it all. They connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing

On my mind <https://www.annafreud.org/on-my-mind/>

On My Mind aims to empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire.

It contains information, advice and resources to help young people support their own mental health,

Anxiety

Clearfear App – an app that provides ways for children and young people to manage anxiety

Anxiety UK – Anxiety UK offers support, advice and information on a range of anxiety, stress and anxiety-based depression conditions. <https://www.anxietyuk.org.uk/>

Helpline: 03444 775 774 (Mon - Fri, 9.30am to 5.30pm; except for bank holidays)

Text Service: 07537 416 905

No Panic - Do you need to talk to someone who understands how you feel? If you are aged 18 years or younger and need help with anxiety, panic, phobias, obsessive compulsive disorder or any other anxiety related problem then this helpline is for you. <https://nopanic.org.uk/>

Youth Helpline 0330 606 1174 for under 18s

Open 3pm - 6pm Mon-Fri and 6pm - 8pm Thurs and Sat

Normal landline rates are included in minutes and free call packages

Attendance

Not fine in school - parent/carer-led organisation set up in response to the growing number of children and young people who struggle with school attendance.

Not Fine in School - School Refusal, School Attendance

Depression

Students Against Depression <https://www.studentsagainstdepression.org/>

A website by students, for students.

Bereavement

- Child Bereavement UK – call 0800 028 8840 Monday to Friday, 9am to 5pm, or email support@childbereavement.org
- Cruse Bereavement Care – call 0808 808 1677 Monday and Friday, 9.30am to 5pm, and Tuesday, Wednesday and Thursday 9.30am to 8pm, or email info@cruse.org.uk
- Grief Encounter – call 0808 802 0111 Monday to Friday, 9am to 9pm, or email contact@griefencounter.org.uk
- Hope Again – call 0808 808 1677 Monday to Friday, 9.30am to 5pm, or email hopeagain@cruse.org.uk
- Winston's Wish – call 0808 802 0021 Monday to Friday, 9am to 5pm, or email info@winstonswish.org

Self Harm

Calm Harm App - <https://calmharm.co.uk/>

Calm Harm is a free app that helps you manage or resist the urge to self-harm.

Advice on talking to your teen about self harm - <https://stem4.org.uk/wp-content/uploads/2019/09/stem4-Talking-to-your-teenager-about-self-harm-v2.pdf>

Harmless <https://harmless.org.uk/>

Harmless is a passionate organisation that works to address and overcome issues related to self-harm and suicide.

NSHN <https://www.nshn.co.uk/>

The forum provides crisis support, information and resources, advice, discussions and distractions. Closely monitored, available 24/7.

Suicidal Thoughts / Ideation

Papyrus – the national charity for prevention of young suicide. They run HOPELineUK which is a National Confidential Helpline. Phone: 0800 068 41 41 / Text: 0778 620 9697 / email: pat@papyrus.org.uk (Mon-Fri 10am-10pm / Weekends & Bank Holidays 2-10pm)

Samaritans <https://www.samaritans.org/how-we-can-help/schools/young-people/>

Anyone can contact Samaritans, no matter how old you are.

Eating Disorders

BEAT

We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

If you call our Helpline you will speak to a trained support worker experienced in listening and talking to people in a similar situation to you.

Beat Helpline: 0808 801 0677

Youthline: 0808 801 0711

Studentline: 0808 801 0811

Open 365 days a year from 9am - midnight during the week, and 4pm - midnight on weekends and Bank Holidays.

<https://www.beateatingdisorders.org.uk/get-information-and-support/>

SEED Eating disorder support service.

Advice line: 01482 718130 (Mon – Fri, 9.30am – 2.30pm)

Website: www.seedeatingdisorders.org.uk

Eating Disorders Support

Support service for anyone affected by eating disorders, including carers.

Helpline: 01494 793223 (24/7)

Website: www.eatingdisorderssupport.co.uk

Advice on talking to your child about eating disorders - <https://stem4.org.uk/wp-content/uploads/2019/09/stem4-Talking-to-your-teenager-about-eating-disorders-v2.pdf>

LGBTQ+

Young Stonewall <https://www.stonewall.org.uk/>

Young Stonewall are here to let all young lesbian, gay, bi and trans people - as well as those who are questioning - here and abroad, know they're not alone. We want to empower all young people, regardless of their sexual orientation or gender identity, to campaign for equality and fair treatment for LGBTQ people, and against discrimination.

LGBT Switchboard <https://switchboard.lgbt/>

Switchboard is an LGBT+ helpline – a place for calm words when you need them most. They're here to help you with whatever you want to talk about. Nothing is off limits and conversations are 100% confidential. Call 0300 330 0630 (10am-10pm daily).

FFLAG <https://www.fflag.org.uk/>

Supports friends and family members of LGBT people.

Mermaids UK <https://mermaidsuk.org.uk/>

Family and individual support for gender diverse and transgender children and young people. Mermaids is passionate about supporting children, young people, and their families to achieve a happier life in the face of great adversity.

MindLine Trans+ <https://bristolmind.org.uk/help-and-support/mindline-transplus/>

A confidential emotional, mental health support helpline for people who identify as transgender, agender, gender fluid and non-binary. Phone number 0300 330 5468.

EACH : EACH has a freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment: 0808 1000 143. It's open Monday to Friday 10am-5pm.

Bullying

Anti-bullying alliance (anti-bullyingalliance.org.uk)

We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn.

ChildLine: ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there. Call 0800 1111. They have a designated page for bullying issues that includes a new video about building up your confidence after bullying.

Direct Gov: Information for young people on cyberbullying, bullying on social networks, Internet and email bullying, bullying on mobile phones, bullying at school, what to do about bullying, and information and advice for people who are bullying others and want to stop.

National Bullying Helpline – www.nationalbullyinghelpline.co.uk

Information and advice about all forms of bullying (nationalbullyinghelpline.co.uk)

Looked After Children

CORAM Voice - Young People's Zone <https://coramvoice.org.uk/>

Get in touch if you are having problems in care, leaving care or living away from home.

Young Carers

The Children's Society - Support for Young Carers <https://www.childrenssociety.org.uk/information/young-people/young-carers>

If you are a young person after some advice and resources, or looking for how to connect with other young carers, you are in the right place.