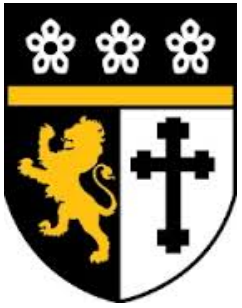


# Mental Health Services at Soar Valley College



## All

### Pastoral Curriculum:

- Tutor Activities
- Tutor Period
- Assemblies

### Monthly resources and support via Satchel

One: <https://actionforhappiness.org/>

### Theme week/months:

Children's Mental Health week

### Mental Health Support in schools

- [www.healthforteens.co.uk](http://www.healthforteens.co.uk)
- Include links to local mental health services
- Topics include dealing with exam stress, relationships, lifestyle, anxiety and eating disorders

School nurse: 07520615386

Anna Freud Crisis Messenger: Text ARC to 85258

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

## EMHP's

- Educational Mental Health Practitioner are trained in low intensity CBT intervention
- They can work on a 1:1 basis or group
- Practitioner will support with a range of strategies and tool kit
- It is a talking therapy and available to young people experiencing mental health and emotional well being problems around sleep and worry management as well as anxiety.
- They may also refer you to outside agencies
- To discuss a referral please see your AHOY

## AHOY/Inclusion

- Your AHOY or a member of the Inclusion team may offer mentoring support to support you further.

This may include referrals to CAMHS or the Calm Clinic for example

## Counselling support/Outside agencies

- Your school counsellor will deliver either one off sessions or 6 weeks of sessions to support students with a variety of concerns around mental health

Outside agencies include:  
CAHMS and the CALM CLINIC

- **If you are concerned there is an immediate risk to life or safety call 999. A and E staff are trained to deal with both physical and mental health needs**



Step 1



Step 2



Step 3



Step 4