

Mental Health & Wellbeing

Student and Staff wellbeing has always been a priority at APHS and now more than ever it is essential we all encourage each other and take responsibility ourselves for looking after ourselves by following advice and seeking additional support when we need it. If you had a suspected broken leg, you would seek help, likewise if you need mental health support you should speak up. Your mental health is just as important as your physical health and as we know they often work together.

We take a whole-school approach to mental health and encourage students and staff to think about both their mental and physical wellbeing by making sure relevant information is always available at the time it is needed. Our Hub provides full time, specialist staff to help students with their concerns or worries as well as providing advice on where to seek further support.

Our culture and approach towards mental health and well-being is our strongest tool. Every day is a Mental Health day and we must all be kind and supportive towards our peers and colleagues. As parents, staff and students we must model this behaviour at all times.

Supporting Staff

Wensum Trust offer all staff a wide range of support through Validium and we would encourage all staff to raise any concerns they have for their own or a colleagues well-being at an early stage. I am convinced there is nothing we cannot solve or resolve by communicating effectively and transparently.

Supporting students, parents and carers

We work with a wide range of specialist agencies that we can signpost families to and frequently share these through our Pastoral Newsletters which are emailed to all parents, carers and students.

These include:

Kooth - online counselling and support www.kooth.com

Just One Number - 0300 300 0123 - Provided by Norfolk County Council

Chat Health - NHS texting service for 11-19 year olds - 07480 635060

Child Line - 0800 1111 childline.org.uk

Every Mind Matters - <https://www.nhs.uk/oneyou/every-mindmatters/> Beat Panic app - available to purchase in the app store

Matthew Project - Free and confidential advice to anyone affected by drugs and alcohol. Young People Tel: 0800 970 4866 Adult Tel: 01603 626123 Website: <https://www.matthewproject.org/>

MAP - free advice line for young people across Norfolk to talk about any problems or worries they

have. Available Mon-Fri 10.30am until 5.30pm . Tel: 0800 074454 website:

<https://www.map.uk.net/for-young-people/youth-voice/youth-advisory-boards-yabs/>

Nelson's Journey - bereavement support for young people <https://nelsonsjourney.org.uk/>

Carers Matter Norfolk - support for Young Carers: [https:// carersmatternorfolk.org.uk/](https://carersmatternorfolk.org.uk/)

CAEDS – Norfolk Child and Adolescent Eating Disorder Service. Tel: 01603 978455 CEOP's - <https://www.ceop.police.uk/safety-centre/>

Think Ninja - mental health app designed for 10 to 18 year olds.

BBC Bitesize - Educational and wellbeing support available

Young Minds - <https://youngminds.org.uk/> Norfolk Wellbeing Service - www.wellbeingnands.co.uk

Exercise routines on The body coach You Tube channel or get fitness tips at NHS's fitness

Stonewall is a charity set up to support young people and their parents with all aspects of the LGBTQIA+ community. Their website is <https://www.stonewall.org.uk/cy/node/294> for parental support

All staff have had training in Emotion Coaching and in our Safeguarding procedures to protect and support all students.

We also have a large number of staff who have completed additional training or are part of local networks enabling them to support and signpost others to the resources they need including:

Mr A Ogle

SLT Mental Health Champion

North Norfolk DSL Network Co chair

Suicide prevention Training

Chair of Wensum Trust Primary and Secondary Emotion Coaching Groups

Sarah Naish INSET for LAC

Ms E Sperry – Mental Health Champion

Mental Health First Aid Training

Mental Health Champion

Suicide and Self Harm Prevention Training.

Sarah Naish INSET for LAC

Domestic Abuse Change Champion Training

Emotional Regulation training

North Norfolk DSL Network

Mrs R Boyd-Stephenson

Mental Health First Aid course.

Mental Health First Aid course (adults)

Sarah Naish INSET

Mrs A Thompson

Mental Health First Aid course.

Sarah Naish INSET

Mrs K Norman

Mental Health First Aid

Introduction to Mindfulness

Leading a Mentally Healthy school

Sarah Naish INSET

Mrs S Clarke

ELSA trained TA

Mental Health First Aid

Anne Oakley TA INSET

Mrs M Somerton

Mental Health First Aid

Anne Oakley TA INSET

Mrs L Yarham

Anne Oakley TA INSET