

The Corsham School Mental Health and Wellbeing Support

A Tiered Response for Students and Families

Level 1 – Universal and Preventative Support

Purpose: These interventions are for all students and families, aiming to **promote early support and self-management.**

Student Focused Interventions:

- **Apps & Digital Tools**
 - *Headspace, Calm, Calm Harm, Clear Fear, Move Mood* – Mindfulness, anxiety, sleep, self-harm support
- **Confidential Support Services**
 - **ChatHealth** – Text a nurse for health/wellbeing advice (ages 11-19)
 - **Text:** 07480 635511
 - **Childline:** 24/7 support on any issue (☎ 0800 1111)
 - **The Mix:** Support on relationships, money and mental health
 - **BEAT, OCD Action:** Help with eating disorders or OCD
- **Crisis Support**
 - **Shout:** 24/7 text crisis line. Text SHOUT to 85258
 - **Connect Wiltshire:** Drug, alcohol and mental health help
- **Peer Support**
 - **Student Wellbeing Ambassador Programme (SWAP)** – students trained to speak up for students who feel they are not able to

Parent/Carer Support

- **Apps & Helplines**
 - *Combined Minds* – App to support young people’s mental health
 - **YoungMinds** – Parents’ helpline (0808 802 5544), webchat and email
 - **Family Lives, Action for Children, Samaritans** – advice and listening support

Level 2 – Targeted Pastoral and Thematic Support

Purpose: When Level 1 strategies have been tried but concerns remain. Students **do not improve with Level 1 strategies**

- **Pastoral Check-Ins**
 - Access to school nurse (referrals via HoH/HoY/Pastoral)
 - Medical/toilet passes with evidence
- **Bereavement Support**
 - Services: *Winston’ Wish, Cruse, Grief Encounter, Good Grief Trust, Child Bereavement UK*
 - For serious illness: *Hope Support Services*
- **Specialist Support**
 - *Papyrus* – Suicide Prevention
 - *Young Carers* – emotional/practical support for caregiving youth

Level 3 – Structured in School Interventions

Purpose: Persistent issues despite levels 1 & 2 require **more intensive structured school-based input**.

- **ELSA programme**
 - 1:1/small group intervention on friendships, emotions, anger, bereavement
- **Referral to the Pastoral Team**
 - Check ins, wellbeing

Level 4 – External Specialist Interventions

Purpose: severe or complex issues requiring agency involvement beyond school capacity.

- **CAMHS Referral**
 - For high risk or complex mental health needs
 - Referral by Head of House/Head of Year/Pastoral Team via Mental Health Lead
- **SEND Assessment**
 - For learning difficulties or unmet educational needs
 - Referral via SENDCo
- **Mental Health Support Team (MHST)**
 - Referral from Head of House/Head of Year/Pastoral Lead

Note: All support should be logged under incident tracking systems and followed up appropriately (e.g. tutor check ins, pastoral reviews).