

Mental Health and Wellbeing

At Haileybury Turnford we place significant importance in the provision we have available to support students with maintaining good mental health and wellbeing. We understand it is important to be able to support all students in recognising that their mental health is a priority and understand how they can receive support and guidance.

We have two trained Mental Health First Aiders; Mrs V Elliott (Deputy Designated Safeguarding Person) and Mrs J Amatruda (Assistant Year Achievement Coordinator for Y9,10 and 11) who can offer and provide practical support and advice if a student is suffering from a mental health crisis. We have a whole school approach to mental health and wellbeing at Haileybury Turnford. Our aim is to provide a safe, secure and inclusive learning environment by providing social and emotional support and programmes, as well as support for students with additional needs.

Haileybury Turnford supports mental health and wellbeing at a whole school level by having high and achievable behaviour expectations for student learning and behaviour and by placing a strong emphasis on supportive teacher-student relationships and peer-to-peer relationships. Our behaviour policy and curriculum supports positive approaches to managing student behaviour, including a range of strategies to prevent bullying.

Our assemblies and Personal Social Development (PSD) lessons provide opportunities to raise the profile of mental health and raise awareness of how important mental health is. Throughout planned Tutor and PSD sessions, we cover the promotion of good mental health and resilience. The purpose of these sessions is to educate, help and equip students with the tools they need to progress through school and cope with the stresses and strains of school life and beyond.

If you have any concerns about mental health of your child then please contact your child's Year Achievement Coordinator who will be happy to discuss the different ways in we can support.

Year Achievement Coordinators

Miss H Allingham - Year 7

Miss E Kaposi - Year 8

Ms K Johnson - Year 9

Mr M Barrett - Year 10

Mr E Macaulay - Year 11

Miss A Goody – Year 12

Mr S Lindquist – Year 13

Supporting your Child during Exams

Young Minds have launched advice for parents about supporting their children during the examination season.

- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure your child is eating and drinking at regular intervals.
- Reassure your child – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful.
- Let your child know their feelings are valid and normal, but also offer support and solutions where possible.

You can find out more here: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/>

The OLLIE Foundation

The Ollie Foundation is an organisation offering advice and training for suicide prevention. The link below is to their website.

The OLLIE Foundation (One Life Lost is Enough) is a registered charity funding suicide prevention skills training for any individual or community that wants it, especially those interacting with young people, or young people themselves. may be parents, students, school staff, other charity and community groups and many more. The aim of the training is to create 'suicide safe' communities where we create an ethos of awareness and prevention structured around alertness, intervention and recovery.

<https://theolliefoundation.org/>

THESE 3 DO NOT WORK – THEY ARE GOFFS- CHURCHGATE LINKS?!

[Ollie Foundation Booklet](#)

[Ollie Foundation Services](#)

[Spot the Signs - useful links](#)

Useful links

Crisis Support

Silent Solutions

For any emergency when you cannot talk, call 999 then press 55

The 999-emergency service has an additional service called Silent Solutions for times when you need emergency help, but cannot speak. The service works in the same way as calling 999. When the operator asks which emergency service you require, if you don't say anything they will ask you to cough or make another noise like a tap on the handset. If it's too risky to do this (for example, if you are hiding from an attacker), the operator will ask you to dial 55. This will then alert them to the fact that no, you haven't called 999

accidentally – and yes, you need urgent help. The system tracks your location using GPS and sends help.

Samaritans

FREE confidential support in a crisis 24/7.
Call FREE 116 123. Calls cannot be traced.

Childline

24/7 counselling service for children and young people.
T: 0800 1111

Mental Health Support

<https://www.samaritans.org/education/young-people>

<https://youngminds.org.uk/>

Herts Mind Network

A charity that creates opportunities for individuals to make choices, find their own solutions

and manage their own wellbeing. T: 020 3727 3600 www.hertsmindnetwork.org

SANE

Offers emotional support and information to anyone affected by mental health problems. It also provides an online support forum. T: 0300 304 7000 www.sane.org.uk

Herts Wellbeing Service

Offers FREE confidential talking therapy and practical support for Hertfordshire residents experiencing a wide range of mental health problems such as worry, low mood, insomnia and stress.

www.hpft.nhs.uk/services/community-services/wellbeing-service

Kooth.com

Offers free, safe and anonymous support online for young people. Kooth.com

YoungMinds

Offers a confidential helpline and support service for parents and carers worried about

young people up to the age of 25.

T: 0808 802 5544

Self Harm

SelfharmUK

A project dedicated to supporting young people impacted by self-harm, providing a safe space to talk and discuss, get advice and help. There is also an online support group.

info@selfharm.co.uk www.selfharm.co.uk

Self-Injury Support

A national organisation that supports girls and women affected by self-injury or self-harm.

It has a helpline and TESS text service for girls and young women up to 24 years old.

T: 0808 800 8088 TESS Text: 0780 047 2908 www.selfinjurysupport.org.uk

Harmless

A user-led organisation providing a range of services including support, information, training

and consultancy to people who self-harm, as well as their friends and families.

www.harmless.org.uk

LifeSIGNS

A user-led small charity creating understanding about self-injury and giving support and guidance to self-harmers, family and friends. www.lifesigns.org.uk

Bereavement

Cruse Bereavement Care Hertfordshire

Promotes the wellbeing of bereaved people and enables anyone suffering bereavement to understand their grief and cope with their loss. There is a 24-hour answerphone facility to leave an out of hours message in confidence.

Adult Helpline: 01707 278389

Young Persons Helpline: 01707 264293

www.cruse-hertfordshire.org.uk

SOBS (Survivors of Bereavement By Suicide)

The only national charity providing dedicated support to adults who have been bereaved by suicide. The charity is run by 150 volunteers, nearly all have been touched by suicide which enables them to directly connect with others experiencing bereavement by suicide.

www.uk-sobs.org.uk

National helpline: 0300 111 5065

Help is at Hand

An NHS resource for those bereaved by suicide, or apparent suicide, which includes a detailed advice booklet.

www.supportaftersuicide.org.uk/help-is-at-hand

Other websites for support

www.themix.org.uk

<http://teenmentalhealth.org/>

<https://www.headstogether.org.uk/>

<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/copingafteratraumaticevent.aspx>

<http://www.gosh.nhs.uk/medical-information-0/procedures-and-treatments/supporting-children-after-frightening-event>

<https://www.nspcc.org.uk/what-we-do/news-opinion/supporting-children-worried-about-terrorism/>

<https://www.healthyyoungmindsinherts.org.uk/>

<https://www.healthyyoungmindsinherts.org.uk/publications/2018/may/talking-about-anxiety-tips-parents>

<https://www.nhs.uk/Planners/Yourhealth/Documents/Self%20Care%20Toolkit%20Booklet%20-%20Oct%2010%20-%20READ.pdf>