



Mental Health





What is Mental Health





What does good mental Health look like?



<https://www.mentalhealth.org.uk/your-mental-health/about-mental-health/what-good-mental-health>



How can you support your own Mental Health



Support in School



Mental health first aiders – these are members of staff who have been trained in ‘mental health first aid’ , the sixth form also has a male mental health teaching champion (for male students if they wish)

Inclusion Team – students are referred by their Head of Year to the inclusion team, who can offer support and advice to students who need additional emotional support

Counselling – Maiden Erlegh Trust has a trained counsellor who works within the school, referrals are made through the Inclusion team

Apps & Online support - Students are also encouraged to use ‘mindfulness apps’ and are also directed to Kooth, which offers advice and support online

Students can be referred to outside agencies, these include

ANDY – for students with anxiety and depression

PANDA – for students who experience panic attacks

CAMHS – Children, Adolescents Mental Health



Websites and contact numbers

Child Line

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

08001111

Samaritans

Website: www.samaritans.org

Telephone: 116 123

Mind

Website: www.mind.org.uk

Telephone: 0300 123 3393

Rethink Mental Illness

Website: www.rethink.org

Telephone: 0300 5000 927