



Mental Health & Wellbeing Provision

Tier 0: Universal Level Support		
What are the concerns? For example: Minor illness Friendship concerns Arguments with peers/family Low level worries usual for the age-group Self-care support	Who should deal with this? Class teacher/form tutor/TA/Pastoral Support Team	How will we respond? <ul style="list-style-type: none"> • Listen and provide reassurance • Meet and provide advice and guidance • Inform relevant staff and monitor • Discuss with parents if necessary • Escalate to Tier 1 if necessary and in discussion with our Pastoral Support Team
Tier 1: Universal Level Support		
What are the concerns? For example: Low mood that continues over a period of time (or a series of short periods) Repeated friendship issues Anxiety around a specific issue in school/home Disruption/difficulties at home Bereavement of extended family member Sleep Hygiene Low resilience Deterioration in attitude, effort, learning.	Who should deal with this? Form tutor/Head of Year/Pastoral Support Team	How will we respond? <ul style="list-style-type: none"> • Inform relevant staff • Complete a pastoral log in order to monitor the situation • Discuss with parents • Arrange appropriate pastoral support • Involve SENDCo if necessary • Refer to Shine: Mental Health Support Team if agreed • Escalate to Tier 2 if necessary and in discussion with our Pastoral Support Team • Move to Tier 0 if support reduces the need.
Tier 2: Targeted Support		
What are the concerns? For example: Persistent low mood or difficulties regulating emotions Attachment difficulties Bereavement of close family member Self-harming behaviours	Who should deal with this? Head of Year/Pastoral Support Team/DSL/SENDCo	How will we respond? <ul style="list-style-type: none"> • Inform relevant staff • Complete a pastoral log in order to monitor the situation • Senior staff to discuss with parents

<p>Suspected eating disorders</p> <p>Risk-taking behaviour</p> <p>Issues with identity causing low mood</p> <p>Attendance concerns</p> <p>Significant difficulties in the home</p>		<ul style="list-style-type: none"> • Arrange appropriate pastoral support in-house or via external agencies if a referral is relevant. • Refer to School Nurse • Consider opening an Early Help Assessment. • Refer to Shine: Mental Health Support Team if agreed • Escalate to Tier 3 if necessary and in discussion with our Pastoral Support Team or other agencies • Move to Tier 1 if support reduces the need.
Tier 3: Personalised Support		
<p>What are the concerns?</p> <p>For example:</p> <p>School refusal</p> <p>Diagnosed anxiety disorder</p> <p>Any kind of historical, suspected or ongoing abuse</p> <p>Exploitation</p> <p>Sustained self-harm</p> <p>Suicidal Ideation</p> <p>Complex family needs</p>	<p>Who should deal with this?</p> <p>Head of Year/Senior</p> <p>Pastoral Leaders (AHT/DHT)</p>	<p>How will we respond?</p> <ul style="list-style-type: none"> • Liaise with other staff within the pastoral team if appropriate • Liaise with parents – refer to CASHES or similar for immediate medical assistance • Complete Early Help Assessment if appropriate or refer to Children's Social Care. • Refer to external services such as CAMHS • Explore counselling services – usually a 6 session block • Liaise with medical professionals (consultant paediatricians/CAMHS practitioners) regarding school adjustments. • Move to Tier 2 if support reduces the need.

Directory of Local and National Services

Mental Health & Wellbeing

<u>Name</u>	<u>Type of Service/Need</u>	<u>Website Link</u>
Youth Therapy	In-Person Local Counselling	Youth Therapy Info
Childline	Information, Advice, Counselling	Childline Online
Young Minds	Information & Advice	youngminds.org.uk
Mind	Information & Advice	www.mind.org.uk
BEAT	Eating Disorders	beateatingdisorders.org.uk
DitchtheLabel	Mental Health & Relationship Support	www.ditchthelabel.org
Kooth	App or Online Mental Health Support	www.kooth.com
Papyrus	Suicide Prevention	www.papyrus-uk.org
N-Compass	Information, Advice, Counselling	www.n-compass.org.uk
Talk Zone	Information & Advice	Talk Zone/Youth Zone
Shine	In person low intensity mental health and well-being support	Contact: bfwh.shine-MHST@nhs.net
Thrive	Therapeutic one-to-one, group work and counselling support to children and young people	Contact: thrivelsc@barnardos.org.uk
CASHER	Assessments at A&E of young people who attend due to struggling with their mental health. After carrying out the assessment	Contact: 0800 121 7762 and then Option 2 or 07810696565

we will make a recommendation

Bereavement

Cascade (Trinity Hospice)

Counselling & Support

[Cascade](#)

Winston's Wish

Support and Advice

[Winston's Wish](#)

Substance Misuse

We Are With You	Information & Advice	www.wearewithyou.org.uk
Frank	Information & Advice	www.talktofrank.com
The Hub	Information & Advice	The Hub Blackpool

LGBTQ+

UR Potential	Information & Advice	UR Potential
The Proud Trust	Information & Advice	The Proud Trust
Mermaids UK	Information & Advice	Mermaids UK

Sexual Health

Connect Lancashire/Blackpool	Information & Advice	Connect
Brook	Information & Advice	Brook
LGBT Foundation	Information & Advice	LGBT Foundation

Young Carers

Blackpool Young Carers

Information & Advice

www.blackpoolcarers.org

The Children's Society

Information & Advice

The Children's Society