

Mental Health & Emotional Well-being

It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood. The department for Education recognises that, in order to help their pupils succeed: schools have a role to play in supporting them to be resilient and mentally healthy.

“Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

(World Health Organization 2014)

At Poole Grammar School, we aim to promote positive mental health for every child, parent / carer and staff. We pursue this using both universal, whole school and specialised approaches for identified vulnerable pupils and families. Click on the link below to read our Guidance.

[*Add link to Mental Health and Wellbeing Guidance*](#)

Working with All Parents and Carers

Parents are often very welcoming of support and information from the school about supporting their children's emotional and mental health. In order to support parents we will:

- Highlight sources of information and support about common mental health issues on our school website.
- Ensure that all parents are aware of who they can talk to, and how to get the support they need if they have concerns about their own child or a friend of their child.
- Make our mental health policy easily accessible to parents.
- Share ideas about how parents can support positive mental health in their children through our regular review meetings.
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

Pastoral Support

At Poole Grammar School we have an excellent pastoral support network. The students are supported daily by their tutor. They are the first port of call for any day to day issues with students. Heads of Year are available for each year and students should be aware of where they are situated. There are also a number of dedicated pastoral support workers. They are as follows:

Viv Wilson – Student Support (6th Form, Schoolwide), Mental Health Lead - Full Time

Lynsey Elliott – Upper Main School (Years 9,10 & 11) – Mon, Tues & Wed

Caroline Bennetton – Lower Main School (Years 7 & 8) ELSA – Full Time

Mental Health First Aid

Several members of staff have undertaken the Youth Mental Health First Aid Training:

Viv Wilson
Lynsey Elliott
Caroline Bennetton
Gabbi Wills – Senior LSA

These members of staff can be approached by both staff and students if they have any concerns. Matters of a safeguarding nature should be reported to the Designated Safeguarding Lead in accordance with safeguarding procedures.

MENTAL HEALTH HELP AND SUPPORT SERVICES

SAMARITANS

TELEPHONE: 116 123 (24 hours a day, free to call)

EMAIL: jo@samaritans.org

WEBSITE: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

MIND INFOLINE

TELEPHONE: 0300 123 3393 (9am-6pm Monday to Friday)

EMAIL: info@mind.org.uk

WEB SITE: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind has around 140 local Minds providing local mental health services.

RETHINK MENTAL ILLNESS ADVICE LINE

TELEPHONE: 0300 5000 927 (10am-2pm Monday to Friday)

EMAIL: info@rethink.org

WEBSITE: <http://www.rethink.org/about-us/our-mental-health-advice>

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs [Rethink services and groups](#) across England and Northern Ireland.

SANELINE

TELEPHONE: 0300 304 7000 (6pm-11pm)

WEBSITE: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

ELEFRIENDS

WEBSITE: <http://elefriends.org.uk/>

Elefriends is a supportive online community where you can be yourself.
Elefriends is run by [Mind](#).

If you're a **carer** needing support you can contact all of the above as well as [Carers Direct](#) and the [Princess Royal Trust](#) for Carers, both of whom are able to provide support and advice on any issues affecting you.



Counselling Information Trust
91 Commercial Road,
Poole, Dorset BH14 0JD UK
Telephone: 01202 722336

info@counsellingit.org

Free or Low Cost Counselling in Poole

Counselling Information Trust is a confidential counselling service and a registered charity (Charity Registered number 1143084).

We offer free or low cost counselling (minimum age 16 years).

The counsellors in the service are all members of the British Association of Counsellors and Psychotherapists and abide by their code of ethics.

We are in Lower Parkstone, Poole