

Tier 0 – Universal Level Support – Pastoral and response to general concerns	Tier 1 – Universal support – Guided / Group intervention including outside local agencies	Tier 2 – Targeted Individual and family support –external services	Tier 3 – Personalised support – professional referral to high level mental health concerns
<p>Short term distress / upset: Classroom / outside reflection areas / worry monsters</p> <p>Pupil voice opportunities</p> <p>Buddy system</p> <p>Use of school values</p> <p>Trusted adult</p> <p>Celebration worship</p> <p>Clear and consistent boundaries</p> <p>Restorative Practice behaviour approach</p> <p>PSHE curriculum</p> <p>Positive reinforcement and praise</p> <p>Relax kids – teaching of calming strategies and mindfulness</p> <p>Adaptations to class lay out</p> <p>Prayer box</p> <p>Time Spent nurturing good relationships</p> <p>Strategies for independent working taught and modelled.</p> <p>Music</p>	<ul style="list-style-type: none"> • ELSA (Emotional Literacy Support Assistant) sessions 1:1 or group bespoke for the need • Use of trust wide counsellor • EMHP (Education Mental Health Practitioner) whole school approach with family/pupil support included in offer to school • Sandbox resources • Trusted adult support in school • Increased and regular communication between family and class teacher / other involved adults • Early Help Assessment • Involve Malachi • If the child has a social worker involve them • Specific interventions: <ul style="list-style-type: none"> -Work on turn taking -Social and friendship skills -Sharing work - Encouraging positive relationships / social skills • School Nurse • Staff have access to National College 	<p>Use of outside agencies such as:</p> <p>Domestic Abuse:</p> <ul style="list-style-type: none"> • New Era – support for victims of domestic abuse – Local – based in Staffordshire and Stoke on Trent <p>Bereavement and loss support:</p> <ul style="list-style-type: none"> • Cruse – Bereavement – National • Winston's Wish – Bereavement – National • Educational Psychology Service <p>Mental Health Support Teams in Schools</p> <ul style="list-style-type: none"> • Mental Health Support Teams in Schools Twitter:@MhstNorth https://combinedwellbeing.org.uk/our-services/ • YESS – A variety of mental health issues – E.g Anxiety, depression, self harm – local – based in Uttoxeter <p>Other available services:</p> <ul style="list-style-type: none"> • Lichfield Diocese • Samaritans – National • Families' health and wellbeing service (0-19) • Anna Freud – signposting (National) • CAHMS pathways • http://www.changesyp.org.uk/ There is also a digital platform where young people can access counselling and other resources. This can be found at: www.speakupspace.org.uk 	<p>First Response:</p> <p>Is there a serious concern about the safety of a child or young person? 0800 131 3126 Mon-Thurs 8.30-5 & Fri 8.30-4.30 0345 604 2886 Emergency Duty Team (outside of working hours, weekends/bank holidays)</p> <p>Crisis Care:</p> <ul style="list-style-type: none"> • North Staffs Combined Healthcare NHS Trust (NSCHCT) https://www.combined.nhs.uk/our-services/adultcommunity/crisis-care-centre/ Tel: 0300 123 0907 24/7 service • NSCHCT https://www.combined.nhs.uk/our-services/childrenand-young-people/ https://combinedwellbeing.org.uk/ Tel: 0300 123 0907 Address: Crisis Care Centre, Harplands Hospital, Hilton Road, Stoke-on-Trent. ST4 6TH <p>Suicide Awareness:</p> <ul style="list-style-type: none"> • https://healthwatchstaffordshire.co.uk/news/suicide-prevention-and-support-services/ • SHOUT – Text Shout to 85258 (24/7) • Samaritans (Stafford) – Tel: 116 123 free from any phone. 0330 094 5717 local call charges apply • NHS links to support: https://www.nhs.uk/conditions/suicide/

		<ul style="list-style-type: none"> • Action for Children https://www.staffordshire-ewb.actionforchildren.org.uk/ • NSCHCT https://www.combined.nhs.uk/our-services/childrenand-young-people/ Child focused / Therapies / Specialist Staff • Information for young people about emotional and mental health issues. Web: www.youngminds.org.uk 	<ul style="list-style-type: none"> • PAPYRUS Prevention of Young Suicide https://www.papyrus-uk.org/hopelineuk/ 0800 068 41 41 (open 9am - 12 midnight)
<p>Other agencies to support:</p> <ul style="list-style-type: none"> • SENDIASS - Service to parents and carers of young people aged 0 - 25 with SEND covering Education, Health and Social Care issues Staffordshire partnership 	<p>Other agencies to support:</p> <ul style="list-style-type: none"> • Places of Welcome - local community groups providing their neighbourhoods with places where all people feel safe to belong, connect and contribute. - Local - Uttoxeter Area • Toolbox - Emotional wellbeing awareness - South Staffs 		