



St George's RC Primary – Mental Health Whole School Provision Map

Social Emotional Mental Health		
Wave 1 – Whole school procedures	Wave 2 – Guided interventions	Wave 3 – Individual support
<p>Clear and consistent boundaries</p> <p>Positive reinforcement and praise</p> <p>Positive and simple rewards system</p> <p>Clearly communicated consequences for poor behaviour choices</p> <p>Teaching of calming strategies and mindfulness</p> <p>Zones of regulation</p> <p>Prayer/ mental health zone in the library</p> <p>Adaptation to class layout</p> <p>Flutterby Friends</p> <p>Assembly and teaching promote resilience and growth mind-set</p> <p>Emotion stones</p> <p>Structured class routines</p> <p>Opportunities to share worries / concerns</p> <p>Time spent nurturing good relationships</p> <p>Personalised workstation</p> <p>Ten Ten – RSE scheme</p> <p>Music</p> <p>Noise cancelling headphones</p>	<p>Behaviour plan</p> <p>Reward charts</p> <p>Home/school contact</p> <p>Lunchtime support</p> <p>Key adults to check-in with</p> <p>Bespoke classroom routines</p> <p>'Chill-out' at lunch time</p> <p>Specific Group and 1:1 ELSA interventions (school staff):</p> <ul style="list-style-type: none"> • Anxiety • Emotional Regulation • Low Mood • Low self-esteem and poor resilience • Trauma, loss and attachment difficulties <p>Where appropriate referral to local services and youth groups, as detailed below.</p>	<p>Specific 1:1 interventions with the Wellbeing worker from the Wellbeing Service.</p> <ul style="list-style-type: none"> • Anxiety • Emotional Regulation • Low Mood • Low self-esteem and poor resilience • Trauma, loss and attachment difficulties • Eating disorders • Autistic Spectrum Condition and ADHD/ADD <p><u>Support, guidance, referral from outside agencies:</u></p> <p>Educational Psychologist CAHMS School nurse Local Area Team – Early Help</p>
<p>Healthwatch York - The free guide is available to anyone in York who wants to know more about the help available for people experiencing mental ill health. It is available online via their website. https://www.healthwatchyork.co.uk/</p>		

Youth Groups

The Island : Youth groups, supportive environments and mentoring services for vulnerable children and young people in York, giving them the chance to fulfil their potential.	https://www.theislandyork.org/
Door 84: A Youth Club providing activities and creating a community for young people aged 8 – 25.	https://door84.org.uk/
Choose 2 Youth: Support group for young people with disabilities	https://www.choose2youth.co.uk/

Local Services

Primary Care Link Workers- social prescribing. Primary Care Link Workers are well placed to address the root cause of difficulties like loneliness / financial problems / isolation. They will work	Anyone registered with a GP surgery in York is eligible for social prescribing.
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alongside people, get to know them, and ultimately help them improve their health and wellbeing.	01904 437911 Or contact your GP surgery to be referred.
Ways to Wellbeing - Ways to Wellbeing is a social prescribing service that focuses on increasing access to social prescribing in York.	https://www.yorkcvs.org.uk/ways-to-wellbeing/
Local Area Coordinators - Local Area Coordinators (LACs) support people who may feel vulnerable. This could be due to age, frailty, disability, mental health needs or money worries.	https://www.york.gov.uk/directory-record/1561/fishergate-into-fulford-alice-hawken
Family Information Service – free and impartial information service for parents and carers.	https://www.yor-ok.org.uk/families/FIS/family-information-service.html
A website full of information and advice for children, young people and families in York.	https://www.yor-ok.org.uk/
York Mind: Offer services for young people aged 9 to 25 experiencing difficulties with their emotional wellbeing.	https://www.yorkmind.org.uk/how-we-help/young-peoples-service/
North Yorkshire (Compass BUZZ) - One-to-one or group work support and interventions for children and young people.	https://www.compass-uk.org/services/compass-phoenix/
York Carers Centre: They support young people aged between 5 and 18 who are helping to look after someone at home.	https://yorkcarerscentre.co.uk/young-carers/
Survive North Yorkshire: Rebuilding lives after sexual violence	https://www.survive-northyorks.org.uk/
Bereaved Children Support in York: an organisation that supports bereaved children and families in the York area. Based in Haxby.	http://www.bcsy.org.uk/
Children and Young People's Community Eating Disorders team 01904 615300	https://www.tewv.nhs.uk/services/community-eating-disorder-young-north-yorkshire/

National Mental Health and Wellbeing Support

Shout: 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.	https://giveusashout.org/
Childline: 0800 1111	https://www.childline.org.uk/
Samaritans: Offer listening and support to people and communities in times of need.	https://www.samaritans.org/about-samaritans/
Child exploitation and online protection – you can report inappropriate online communication.	https://www.ceop.police.uk/safety-centre
Kooth: online mental health community	https://www.kooth.com/
Cruse Bereavement Support: helpline 0808 808 1677	https://www.cruse.org.uk/
Young Minds: provide young people with tools to look after their mental health.	https://www.youngminds.org.uk/young-person/
National Association of children of alcoholics (Nacoo): Providing information, advice and support for everyone affected by a parent's drinking	https://nacoo.org.uk/
AL-ANON Family Groups: Al-Anon is about helping people to find solace with and support from others who have been affected by their relationship with a drinker.	https://www.al-anonuk.org.uk/about-us/
IDAS (Independent Domestic Abuse Service: Services including advice and accommodation for those experiencing or affected by domestic abuse. Supporting male victims of abuse as well as women, children and young people.	https://www.idas.org.uk/
NSPCC: Work with individuals, families and school to keep children safe	https://www.nspcc.org.uk/