

Capenhurst CE Primary School – Social, Emotional and Mental Health Provision Map

*We are nurturing, inclusive, learning community, that celebrates all possibilities, through a journey of **curiosity, compassion and resilience**, nourishing each other **spiritually, emotionally intellectually and physically with God as our companion.***

**Wave 1 – Universal Offer** – Most needs can be met using these strategies. Effective use of Wave 1 strategies will prevent the need for intervention for members of our school community

Whole school team	
Each member of the school community knows and lives our school vision	Class meditation – ‘Relax Kids’
Whole school ethos is evident and encompasses all interactions for all members of the school community	Reflection activities Daily worship
Opportunities for regular exercise and play	Christian values support and guide all members of the school community
Positive social interactions	Collaborative working with families and local community
Curriculum provides opportunities for everyone to learn about their own mental health and that of others	Heart Smart curriculum is followed throughout school KS2/KS3 transition workshops (MHST)
Awareness of and embody trauma-informed training received	Mindful listening – indoors and outdoor Mindfulness club (KS1)

**Wave 2 – Targeted Approaches** – Some members of our school community will struggle to manage their anxiety/social skills even with effective Wave 1 strategies.

In-class (supported by ELSA and/or SMHL)	Pathways to ELSA/MHST support	ELSA/MHST
Appropriate use of trauma-informed language and phrasing Social stories Safe place/space Distraction techniques Individual plan for triggers Develop the person’s social skills Breathing Positive affirmations Worry toys – pebbles, fidget toys, blu-tack etc. Time to talk with a trusted adult	Teacher referral SDQ by teacher and parent Request by child, parent or member of staff	Worry tummy Understand that worry is normal Breathing techniques Lego therapy Time to Talk Drawing and Talking Worry Warriors Rocky Resilience Parent workshops Mental health Support Team - <a href="#">Contact MHST</a>

**Wave 3 – Specialist Services** – Some members of our school community will need specialist support and interventions. These can be access via a referral led by the school Senior Mental Health Lead (Mrs Claire Green)

Triggers/first steps	Pathways to specialist support	Services and support available
Wave 2 support is not enough Crisis or significant trauma experienced by person and/or family Disclosure made to a member of staff SDQ scores indicate needs are beyond Wave 2	SMHL/ELSA referral Request by parent or member of staff to SMHL or ELSA SDQ completed by teacher and parent CAMHS referral completed by SMHL Request through TAF and/or Children’s Social Care	CAMHS Behaviour Pathways Referral to Early Help and Prevention <a href="https://www.livewell.cheshirewestandchester.gov.uk/">https://www.livewell.cheshirewestandchester.gov.uk/</a> (links to local services) <a href="#">Flynn’s Port in the Storm Crisis Cafe</a> (local mental health support) <a href="https://giveusashout.org/">https://giveusashout.org/</a> (24-hour support) <a href="https://koalanw.co.uk/">https://koalanw.co.uk/</a> (support for children and families) <a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a> (a database of mental health support services and charities based on a person’s locality)

### Useful links

No one should have to face mental health difficulties on their own, and support is widely available in the UK. Here you can find a list of organisations providing expert advice, a listening ear and resources for managing distress.

Can’t find the organisation for you? Don’t worry! The [LiveWell](#) website from Cheshire West and Chester provides an extended list.

### Mental health helplines and charities

<https://www.samaritans.org/> Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123.

<https://www.mind.org.uk/> Mind is a charity that provides advice and support for people experiencing a mental health problem in England and Wales. Call: 0300 123 3393 (Mon to Fri, 9am to 6pm)

<https://www.rethink.org/> Support and advice for people living with mental health problems. Call: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)

<https://www.sane.org.uk/> National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

<https://www.mentalhealth.org.uk/> Mental Health Foundation, information and support for anyone with mental health problems or learning disabilities.

<https://www.hearing-voices.org/> Hearing voices & peer support Voice Collective, support and information for children and young people who hear, see or sense things that others don’t.

## Children and Adolescents

<https://www.childline.org.uk/> Childline. Support for people under 19 in the UK. Call: 0800 11 11

<https://www.youngminds.org.uk/> Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

## Suicide prevention

<https://www.thecalmzone.net/> CALM (Campaign Against Living Miserably). Charity dedicated to preventing male suicide. Call: 0800 58 58 58 (nationwide)

<https://www.papyrus-uk.org/> Papyrus Hopeline UK. Confidential support for young people struggling with suicidal thoughts. Call: 0800 068 41 41