

Mental Health/Wellbeing Support for Pupils

We have various different sources of support for our pupils. There is some overlap between these, so please speak to Mrs Smajlaj or your Head of Learning if you're unsure which support would be the most suitable for you. The services are aware of each other, and can suggest another area of support if needed. Pupils can also access more than one source of support.

EMHPs

Education Mental Health Practitioners can offer support to children with emerging, mild or moderate mental health difficulties. This might include:

- Managing worries/anxiety
- Low mood/depression
- Exam concerns
- Difficulties with emotions
- Sleep hygiene
- Problem solving

Interventions: Brief Behavioural Activation Therapy, Graded Exposure, Worry Management, CBT

One to one regular sessions in school.

Referral process: Referral form needs to be completed. Speak to Mrs Smajlaj or your HoL.

School Counsellor

Can offer support with, for example:

- Difficulties in school
- Friendships/relationships
- Coping with changes
- Family difficulties
- Personal development
- Feeling low or depressed
- Stress or Anxiety
- Questions or confusion around sexuality or gender identity
- Traumatic events

Interventions: One to one weekly sessions in school.

Referral process: Referral form needs to be completed. Speak to Mrs Smajlaj or your HoL.

School Nurse

Can support with, for example:

- General health (including sleep, diet, exercise and medical needs)
- Self care (including hygiene, technology use, and being a young carer)
- Emotional health and wellbeing (including self-esteem, anxiety, anger, and low mood)
- Healthy relationships (including bullying, sexual health, and relationship abuse)
- Substance use (including smoking, alcohol and drug use)

Interventions: One to one sessions (but less frequent than EMHPs). Can also offer drop-in sessions without referral.

Referral process: Referral form needs to be completed. Speak to Mrs Smajlaj or your HoL.

Peer Mentors

Trained sixth form students, that can be matched with a pupil to offer support with, for example:

- Friendship issues/difficulties
- Homework and revision tips if overwhelmed
- Difficulties with transition
- Exam stress
- General advice and support for minor issues
- Balancing school life and leisure activities
- Low confidence or self-esteem.

Interventions: Regular one to one meetings during school time.

Referral process: Speak to the HoL

Pupils can also self-refer by emailing peermentors@herschel.slough.sch.uk