

Mental Health and Wellbeing Support



TOWNSEND
CHURCH OF ENGLAND SCHOOL

We are proactive with supporting our young people with their mental health.

The first point of contact is your child's form tutor, the school wellbeing lead or the safeguarding team, dependent on the nature of the support needed.

This is not an exhaustive list and these are not our only interventions. We work with a number of external agencies to signpost pupils to the right support.

There are a range of strategies and interventions that are accessed depending on the level of support needed by children.

Tier 4
Support
Referral or
liaising with
medical support
teams

Tier 3 Support

- Regular pastoral check-ins
- Scheduled appointment with school wellbeing lead
- VISTA 1:1 support

Tier 2 Support

Referrals to external agencies such as family worker

- Emotionally based school avoidance support
- Group work support
- Signposting to external support such as CAMHS, CHUMS, Sandbox, Youth Talk, Herts Young Homeless

Tier 1 Support

Raising initial concern with Safeguarding/ Pastoral Team/ Wellbeing team

- Initial conversation via meeting/ phone with parent/carer
- Pastoral check-ins with student
- Food bank/ hygiene bank referrals
- Support from form tutor for friendship issues, low level anxiety, low mood, relationship issues, bereavement

Universal Access For all

Form time activities

- Teaching of safeguarding
- Assemblies for all students
- PSHE curriculum
- Parent action group (with SEND and Attendance)
- Mental health signposting through school newsletter and website
- Lunchtime and break time drop in with school wellbeing lead