

**Mickle Trafford Village School**  
**Mental Health and Wellbeing Provision Map**

The following provision map signposts areas of support available for our children’s mental health and wellbeing. Please note, however, that due to every child and every situation being unique, this provision map is not a catch-all and serves as guidance only. If, as a parent/carer, you are concerned about a child, please speak with the class teacher. Should any member of staff require advice on mental health and wellbeing matters, please speak with the Pastoral Lead (ELSA) Liz Weston. In the event of a safeguarding concern, the safeguarding procedure must be followed. If you think a child is at **immediate risk** of harm, please **call** the Police on 999.

**Universal Provision**

These concerns are characterised by short-term periods of feeling low or unable to cope. They may be caused by ‘normal’ situations that are a part of daily life. There is not believed to be a long-term impact on wellbeing.

Typical concerns:	Who can help?	How can we provide support?
<ul style="list-style-type: none"> <li>● Minor illness</li> <li>● Friendship problems</li> <li>● Low-level worry or stress (short term) e.g. academic/transitions/loss of property/tests/assessments</li> <li>● Higher level worries e.g. growing-up/the environment/current affairs</li> <li>● Loss and change e.g. moving house/family changes/death of a pet</li> <li>● Social media</li> <li>● Past incidents of mental health concerns that require monitoring</li> </ul>	<ul style="list-style-type: none"> <li>➤ Class teachers</li> <li>➤ Teaching assistants</li> <li>➤ Pastoral Lead (ELSA)</li> <li>➤ Key-stage lead (where appropriate)</li> <li>➤ SENDCO (where appropriate)</li> <li>➤ Headteacher and Deputy Head (where appropriate)</li> <li>➤ External support/advice websites</li> <li>➤ (e.g. Childline/YoungMinds/Place2Be/NHS)</li> </ul>	<p><u>Proactive</u></p> <ul style="list-style-type: none"> <li>● Age-appropriate PSHE curriculum (Jigsaw) - promotes positive messages; enables children to explore; challenges children to think; provides self-help strategies and tools; signposts support available (e.g. trusted adults//mental health and wellbeing charities/emergency services)</li> <li>● Assemblies - explore issues that can cause concern and introduce strategies for wellbeing (e.g. safety online)</li> <li>● Class circle times</li> <li>● Worry Boxes</li> <li>● Stories/literature projects</li> <li>● Structured activities (e.g. Gardening Club, Chess Club, Chill-Out Club)</li> <li>● Peer support (e.g. Playground Buddies, Wellbeing)</li> </ul>

		<p>Ambassadors, Sports Council, Buddy Reading)</p> <ul style="list-style-type: none"> <li>● ELSA Library - available for children, staff and parents (please see Liz Weston)</li> <li>● Sense of community (e.g. Children's Mental Health Week, Health Week, variety of after-school clubs, Wake-Up Shake Up, Clubhouse, celebration assemblies, Hot Chocolate Friday)</li> <li>● Mental health and wellbeing posters and displays around school</li> <li>● Mental health and wellbeing materials sent home</li> <li>● Mental health and wellbeing materials and links on the school website</li> <li>● Zones of Regulation</li> </ul> <p><u>Reactive</u></p> <ul style="list-style-type: none"> <li>● Listen to the child (active listening) and provide appropriate levels of reassurance</li> <li>● Communication amongst adults (cohesive support of child)</li> <li>● Peer support (see above)</li> <li>● ELSA library (see above)</li> <li>● Structured activities (see above)</li> <li>● Chat with Pastoral Lead (ELSA)</li> <li>● Signpost parent(s)/carer(s) to support/advice websites (e.g. Childline/YoungMinds/Place 2Be/NHS/Live Well Cheshire West)</li> </ul>
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### School (Targeted) Intervention

These concerns are characterised by long-term periods of feeling low or unable to cope. There is beginning to be an impact on wellbeing and academic progress.

Typical concerns:	Who can help?	How can we provide support?
<ul style="list-style-type: none"><li>● Sustained period (or repeated short-term periods) of children displaying low mood and/or an inability to cope with home/school life - beginning to impact on daily life</li><li>● Long-term or repeated friendship problems (a term or more without resolution)</li><li>● Increase of anxiety (home life/school life) despite support from class teacher/teaching assistant</li><li>● Separation/divorce of parents/carers or a significant change in home circumstances</li><li>● Serious/chronic illness of significant family member(s)</li><li>● Death of extended family member(s)</li><li>● Sleep problems/difficulties</li><li>● Persistent lack of resilience/low self-esteem</li><li>● Difficulty regulating emotion - adversely affecting home/school life (e.g. difficulty managing anger in a healthy way) - consider sensory needs and SEND profile</li><li>● School refusal</li></ul>	<ul style="list-style-type: none"><li>➤ Class teachers</li><li>➤ Teaching assistants</li><li>➤ Pastoral Lead (ELSA)</li><li>➤ Key-stage lead (where appropriate)</li><li>➤ SENDCO (where appropriate)</li><li>➤ Headteacher and Deputy Head (where appropriate)</li><li>➤ Advice/assessments from outside professionals (where appropriate)</li></ul>	<ul style="list-style-type: none"><li>● Ensure all adults involved are aware of the situation and sharing information and strategies effectively (including meetings/correspondence with parent(s)/carer(s) - as appropriate)</li><li>● Provide a tailored approach for the child (taking into account their individual situation, environment, needs and interests)</li><li>● ELSA sessions</li><li>● SENDCO consultation to discuss specialist support (as appropriate)</li><li>● SENDCO (with support from class teacher) provide letters for specialist SEND/GP referrals (as appropriate)</li><li>● ELSA library (see above)</li><li>● Send/email ELSA materials home</li><li>● Signpost parent(s)/carer(s) to targeted training/workshops on specific problems (e.g. anxiety)</li><li>● Signpost parent(s)/carer(s) to support/advice websites (e.g. (e.g. Childline/YoungMinds/Place2Be/ NHS/Live Well Cheshire West)</li><li>● If the concern continues or worsens, escalate the concern up a level to Specialist Intervention</li><li>● If the concern is successfully addressed/managed, de-escalate a level to Universal Provision - after discussion with the class teacher and parent(s)/carer(s)</li></ul>

## Specialist Intervention and Support

Persistent and on-going difficulties that continue despite school intervention and support or sudden and serious incidents which require professional intervention but can still be supported in school.

### Typical concerns:

- Sustained period (or repeated short-term periods) of children displaying low mood or an inability to cope at home and/or school, which is impacting on daily life and is not improving despite intervention and support at school/home.
- Long-term or repeated friendship problems (2 terms or more without resolution/difficulties with social interactions and relationships with peers/adults)
- Increase in anxiety (class/element of school/home life) despite support from class teacher/teaching assistant/ELSA
- Divorce/permanent separation of parents/carers or significant change in home circumstances
- Death of close family member
- Sustained sleep problems/difficulties
- Persistent lack of resilience/low self-esteem
- Strong emotion (e.g. anger) repeatedly adversely affecting behaviour at school/home
- Sensory needs that regularly adversely impact child's learning and development
- Frequent school refusal
- Suspected eating disorders
- Risky behaviours
- Support required regarding gender/sexual orientation
- Attachment difficulties and triggered responses

### Who can help?

- Any safeguarding issues must be reported to the Safeguarding Lead/Deputy Safeguarding Lead and safeguarding procedures followed
- Consultation between parent(s)/carer(s) and - as appropriate:
  - Class teachers
  - Teaching assistants
  - Pastoral Lead (ELSA)
  - Key-stage lead
  - SENDCO
  - Headteacher and Deputy Head
  - Advice/assessments from outside professionals
- If appropriate SENDCO/Inclusion Leaders to refer/consult outside agencies (with parent(s)/carer(s) consent - save for as required by safeguarding procedure)

### How can we provide support?

- Follow safeguarding procedures (as appropriate)
- Ensure all adults involved are aware of the situation (whilst protecting child's confidentiality - work on a 'need to know' basis)
- SENDCO/Pastoral Lead/SLT to contact parent(s)/carer(s)
- External agency referrals to be considered by SENDCO/Pastoral Lead/SLT
- Continue in-school support/interventions, whilst considering/awaiting external agency support
- Early Help referral/Team Around the Family
- Signposting information, advice and support services to parent(s)/carer(s) (see above and below for some examples)

### **Specialist support includes (but is not limited to):**

- Autism Service - Cheshire West and Chester
- Behaviour Support - Donna Davies Training Limited (including Team Teach)
- Child and Adolescent Mental Health Service (CAMHS)
- Children's Wellbeing Practitioners
- Community Paediatric Service (Kingsway and Upton Children's Centre)
- Crossroads Together - information, advice and practical support for unpaid carers of all ages
- Educational Psychologist - Cheshire West and Chester (Elaine Bowerman)
- Occupational Therapy
- 0-19 Team - health visitor/school nurse

### **Useful websites and helplines:**

#### **General Mental Health and Wellbeing**

[www.acas.org.uk](http://www.acas.org.uk) **Acas** - Information on stress, and employer and employee rights, in the workplace.

<https://actionforhappiness.org> **Action for Happiness** - brings people together and provides practical resources. "We help each other learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, for ourselves and others".

<https://www.annafreud.org> **Anna Freud** - World leading mental health charity for children and families. A website full of helpful information and resources.

<https://bbc.co.uk/bitesize/articles/zwnw8hv> **BBC Bitesize** - All the latest BBC Bitesize content about mental health and wellbeing.

<https://www.childline.org.uk/> **Childline** - A free, private and confidential service where you can talk about anything. "Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime". Telephone: **0800 1111 (free)**

<https://citizensadvice.org.uk> **Citizens Advice** - Gives people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. National charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

<https://www.cwp.nhs.uk/services-and-locations/services/new-247-mental-health-phone-line/> **CWP - 24/7 Mental Health Phone Line Cheshire And Wirral Partnership NHS Foundation Trust Health (CWP)** - If your mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. In this situation, it is important to get help quickly. The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people. Telephone **0800 145 6485**

<https://www.cwp.nhs.uk/services-and-locations/services/west-cheshire-0-16-camhs/> **West Cheshire 0-16 CAMHS** team provides treatment and support to young people aged 0-16 that are experiencing mental health difficulties. Telephone: 01244 393200 Email address [cwp.westcheshire.camhsteam@nhs.net](mailto:cwp.westcheshire.camhsteam@nhs.net)

<https://www.educationsupport.org.uk> - UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities. A website full of helpful resources and a free, confidential helpline available 24/7 to all teachers, lecturers and education staff in the UK. Telephone 08000 562 561

[www.gingerbread.org.uk](http://www.gingerbread.org.uk) **Gingerbread** - The leading national charity working with single parent families. Provides expert advice, practical support and campaigns for single mums and dads.

<https://hubofhope.co.uk> **Hub of Hope** - the UK's most comprehensive national mental health support database bringing together national and local mental health services from across the UK for your mobile or tablet device. Download the free app or text HOPE to 85258 to find relevant services near you.

<https://www.kooth.com> **Kooth** - Free online mental health support. Kooth is accessible to all 11 to 18-year-olds across the county, with no referrals, waiting lists or thresholds to meet.

<https://www.mind.org.uk/information-support/> **Mind** - When you're living with a mental health problem, or supporting someone who is, having access to the right information is vital. The Mind website contains a wealth of useful information and support.

<https://www.minded.org.uk> or [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk) **MindEd** - a free educational resource on children and young people's mental health for all adults

<https://www.mymind.org.uk> **My Mind** - MyMind is a website for young people, parents, and professionals working with children & young people. Here you can find information on how to look after your mental health, how to access help and support, and details of support services in your local area.

<https://www.themix.org.uk> **The Mix** - Essential Support for under 25s

The Mix is the UK's leading support service for young people. "We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline".

<https://111.nhs.uk> **NHS 111** - online can tell you where to get help for your symptoms, if you're not sure what to do, how to find general health information and advice, where to get an emergency supply of your prescribed medicine, and how to get a repeat prescription. Telephone 111 (free) for non-emergency medical advice. In an emergency/risk to life situation telephone 999.

<https://www.nhs.uk/live-well> **NHS Live Well** - NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.

<https://www.polarischildrensservices.co.uk> or <http://www.takeabreathhub.co.uk> **Polaris Childrens Services** - An Emotional Health and Wellbeing Service for children and young people aged 0-19 years (and up to 25 years with additional needs).

<http://www.relate.org.uk> **Relate** - UK's largest provider of relationship counselling.

<https://www.samaritans.org> **Samaritans** - Telephone: **116 123 (free)** Whatever you're facing, a Samaritan will face it with you - here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

<https://www.giveusashout.org> **Shout** - A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.  
Text: **SHOUT to 85258 (free)**

<http://www.stress.org.uk> **The Stress Management Society** - Non-profit making organisation dedicated to helping people tackle stress. It gives a helping hand to those who could benefit from some good advice.

<https://www.youngminds.org.uk/> **Young Minds** - UK's leading charity committed to improving the wellbeing and mental health of children and young people. Parent helpline 0808 802 5544

### **Addiction and Substance Abuse**

<https://www.alcoholics-anonymous.org.uk> **Alcoholics Anonymous** - a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

<https://www.talktofrank.com> **FRANK** - honest information about drugs.

<https://www.gamblersanonymous.org.uk/> **Gamblers Anonymous** - a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others do the same. The website offers various aids for the compulsive gambler including a forum, a chat room, literature and most importantly a meeting finder.

<https://ukna.org> **Narcotics Anonymous** - a fellowship of recovering drug addicts who can help you get and stay clean. A website full of useful resources and a meeting finder.



<https://www.wdp.org.uk> **WDP** - provides a range of health and wellbeing services to adults and young people across the UK. If you need advice or help around your drug and alcohol use, WDP can help you get the support you need.

### **Adoption/Fostering**

<https://www.adoptionuk.org> **Adoption UK**

<https://www.thefosteringnetwork.org.uk> **The Fostering Network**

### **Body Dysmorphia/Eating Disorders**

<https://www.bddfoundation.org> **BDD (Body Dysmorphic Disorder ) Foundation** - awareness, research and support.

<https://www.beateatingdisorders.org.uk> **Beat Eating Disorders** - information and support (including webchat and national helplines), training and events.

### **Bereavement/Terminal Illness**

<https://www.sueryder.org> **Sue Ryder** - Support people who are living with a terminal illness, a neurological condition or who have lost someone.

<https://www.winstonswish.org> **Winston's Wish** - supports bereaved children, young people, their families and the professionals who support them.

## **Cancer**

<https://www.macmillan.org.uk> **MacMillan Cancer Support** - Information, advice and support for all affected by cancer.

## **Carers**

<https://www.crossroadstogether.org.uk> **Crossroads Together** - Dedicated to providing information, advice and practical support to unpaid carers of all ages and the people they care for.

## **Childhood Trauma**

<https://www.naotp.com> **The National Association of Therapeutic Parenting** - Provides support, education, and resources for Therapeutic Parents and supporting professionals relating to therapeutic parenting, effective interventions, compassion fatigue and the effects of early life trauma.

<https://www.coect.co.uk> **Centre of Excellence in Child Trauma** - An umbrella organisation combining resources, research and knowledge from cutting edge experts in the sector.

<https://beaconhouse.org.uk> **Beacon House** - A specialist, innovative and creative therapeutic service for young people, families and adults. With a special interest in working with individuals of all ages who have experienced trauma and loss, Beacon House is

passionate about offering safe and effective therapies in a way that enables people to re-build their lives following stress and adversity. Takes pride in supporting individuals and teams to develop their trauma informed practice through training, supervision and consultation.

### **Crime (victim of)**

<https://www.victimsupport.org.uk> **Victim Support** - dedicated to supporting victims of crime and traumatic incidents in England and Wales.

### **Domestic Abuse**

<https://www.cheshirewestandchester.gov.uk/residents/crime-prevention/domestic-abuse> **Cheshire West and Chester domestic abuse portal** - a website full of important information, local contacts and support.

<https://www.dvassist.org.uk> **Domestic Violence Assist** - the UK's only registered charity specialising in arranging Non-Molestation Orders, Prohibited Steps Orders & Occupation Orders. Online information and support. Freephone: 0800 195 8699.

<https://www.mensadvice.org.uk> **Mens Advice Line** - providing specialist advice and support for males experiencing domestic abuse.

<https://www.refuge.org.uk> **Refuge** - providing specialist support for women and children experiencing domestic abuse.  
Telephone: **0808 2000 247 (free)**

<https://respectphoneline.org.uk> **Respect Phonenumber** - "Choose to stop: We provide help for domestic violence perpetrators. You can talk to Respect in confidence about your violence and domestic abuse. A friendly Helpline Advisor will listen to you without judgement and give you honest advice. Free and confidential telephone support: 0808 8024040 (Monday - Thursday 10am - 8pm, Friday 10am - 5pm). Email support: [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk) (Monday - Friday 9am -8pm)".

<https://www.thehideout.org.uk> **The Hideout** - Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you.

<https://www.womensaid.org.uk> **Women's Aid** - Online information and support, including webchat.

### **E-Safety**

<https://www.mickletraffordvillageschool.co.uk/page/e-safety/36741> - Provides links to many online safety resources.

### **Financial Issues and Debt**

<https://capuk.org> **Christians Against Poverty** - Money and debt advice.

<https://citizensadvice.org.uk> **Citizens Advice** - Gives people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. National charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

<https://www.moneyhelper.org.uk> **Money Helper** - free and impartial money advice.

<https://www.nationaldebtline.org> **National Debt Line** - gives free and independent debt advice over the phone and online.

## **Food Bank**

<https://www.livewell.cheshirewestandchester.gov.uk/Services/812> Cheshire West and Chester food bank information.

## **Gender and Sexuality**

[www.nspcc.org.uk/keeping-children-safe/sex-relationships/gender-identity/](http://www.nspcc.org.uk/keeping-children-safe/sex-relationships/gender-identity/)

[www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/](http://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/)

<https://galop.org.uk> **Galop** - Galop is the UK's LGBT+ anti-abuse charity. Galop works with and for LGBT+ victims and survivors of interpersonal abuse and violence.

<https://www.stonewall.org.uk> **Stonewall** - a wealth of online information and support.

## **Honour Based Abuse**

<https://karmanirvana.org.uk> **Karma Nirvana** - committed to supporting ending Honour Based Abuse in the UK. Online support and information. Free, confidential, helpline **0800 5999 247 (Mon-Fri 9am-5pm)**

## **Housing and Homelessness**

[www.cath.org.uk](http://www.cath.org.uk) - **Chester Aid to the Homeless (CATH)** offers support, encouragement and a safety net for homeless people in crisis living in and around the city of Chester.

<https://www.cheshirewestandchester.gov.uk/residents/housing> Cheshire West and Chester housing support portal.

<https://www.shelter.org.uk> - **Shelter** exists to defend the right to a safe home. Because home is everything. Online information and support. Free national emergency helpline 0808 800 4444 (Monday to Friday, 8am - 8pm, Weekends and bank holidays, 9am - 5pm).

## **Parenting**

<https://parentingsmart.place2be.org.uk> **Place2Be Parenting Smart** - Practical tips to support children's wellbeing and behaviour.

## **SEND**

<http://www.cheshireautism.org.uk> **Cheshire Autism Practical Support** -. *Parent/Carer Autism awareness, training and support.*

## **The Learning Disability Child and Adolescent Mental Health Service (LD CAMHS) West Cheshire Email:**

[cwp.ldcamhs.west\\_nhs.net](mailto:cwp.ldcamhs.west_nhs.net)/[cwp.LDCAMHSCentral@nhs.net](mailto:cwp.LDCAMHSCentral@nhs.net) Telephone: 0151 488 8041 The LD CAMHS Team consists of Learning Disability Nurses, Clinical Support Workers with input from a Consultant Clinical Psychologist, Assistant Psychologist and a Consultant Child and Adolescent Psychiatrist. Works with children/young people with a learning disability/global developmental delay and their families or carer(s). Also work with anyone involved with the young person's care network i.e. teachers, social workers, health visitors etc. Accepts referrals for children and young people aged 0-16 years that have a severe learning disability or global developmental

delay. Referrals to the service are usually made when the young person is displaying problematic behaviour which may include difficulties such as aggression e.g. hitting out or self-injury (hurting themselves) and or sleep problems. Services offered include: advice sessions for parents/professionals; parent programmes; behaviour assessments; behavioural strategies/interventions; individual skills work; sleep assessments and interventions; health facilitation; early years (0-5) extra support initiative; and training for parents/professionals.

<https://www.togethertrust.org.uk> **Together Trust** - Championing and caring for people with disabilities, autism and complex health needs. Providing life-changing support for care-experienced people. One of the North West's leading disability charities. Help children, adults, parents and carers, delivering individual care, support and education to thousands of people each year.

<https://youthfed.org.uk/> **Youth Fed** - The support is targeted towards supporting young people who have autism or other learning difficulties, for example, dyslexia, ADHD, dyspraxia, dyscalculia, dysgraphia, auditory processing disorder, language processing disorder.

### **Sexual Assault/Rape**

<https://csass.org.uk> **Chester Sexual Abuse Support Service** - *CSASS is a friendly team of people, working with survivors of sexual abuse to help them feel supported and safe. CSASS offers a range of services, including counselling and group therapy, depending on the survivor's needs.*

<https://www.rapecentre.org.uk> **The Rape and Sexual Abuse Support Centre (Cheshire and Merseyside)** - is a registered charity that aims to provide crucial specialist support, independent advocacy, counselling, help and information, for those affected by rape, sexual assault and/or abuse – a free of charge service delivered in a safe and non-threatening environment.

<https://rapecrisis.org.uk> **Rape Crisis** - Help and support after rape, sexual assault, sexual abuse or any form of sexual violence.

### **Stalking**

<https://www.suzylampugh.org> **Suzy Lamplugh Trust** - information and support, including details of National Stalking Helpline 0808 802 0300.

### **Suicide**

<http://www.thecalmzone.net> **Campaign Against Living Miserably (CALM)** - Taking a stand against suicide - standing against feeling hopeless, standing up to stereotypes and standing together to show life is always worth living.

<https://www.papyrus-uk.org/> **PAPYRUS** - Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Suicide is the biggest killer of people aged 35 and under in the UK. We believe that suicide is preventable. Telephone: **0800 068 4141**