Selby High School

SEMH & Wellbeing Policy 2026

Ratified by the Governing Body

Date: July, 2026

Signed: Andy Reed

Chairperson: Andy Reed

Review Date: July, 2027

Embracing Diversity

Unlocking Potential

Inspiring Learning

Contents

Contents 1
Introduction 2
The Wellbeing Award for Schools 2
Mental Health & Wellbeing: Key Staff in School 2
Accessing Help in School 3
Selby High School Commitment to Mental Health & Wellbeing 4
Referral Protocol (Pyramid of needs approach) 6
School Identification of SEMH & Wellbeing needs 7
Wave 2 – In-school Interventions & Direct Work 8
Consent 9
Signposting to Self-Help or Other Agencies 9
Wave 3 - External Support Accessed by the School 11
SEND 13
LGBTQ+ Support Group 13
Staff SEMH & Wellbeing 14
Working with Parents & Carers 14
Specific Signposting for Parents & Carers 14
Scope & Review of the Policy 16
Appendix 16

Introduction

Selby High School is committed to developing a whole school positive mental health and wellbeing ethos that raises awareness, promotes understanding and reduces stigma. Our aim is to promote positive mental health for every member of our school community by ensuring that the wellbeing of our students and staff is at the heart of all that we do.

This policy aims to outline the work of the school in:

- Promoting mental health as part of school life;
- Improving the emotional wellbeing of our staff and students;
- Ensuring mental health problems are identified early and appropriate support provided;
- Offering timely interventions that match the needs of our students and staff;
- Engaging the whole-school community in the importance of mental health awareness;
- Capturing the views of parents, carers and guardians, students and staff on mental health issues.

We aim to help our students to discuss their feelings, build their self-confidence and emotional resilience and therefore their capacity to learn. Teaching students the signs of poor mental health and self-help techniques to support good mental health is key as well as providing support at an early stage in school.

The Wellbeing Award for Schools

The school has twice successfully achieved the Wellbeing Award for Schools. This award sets out to test the provision and systems for social, emotional and mental health (SEMH) against rigorous criteria. It is a whole school award, which focuses on ensuring that effective practice and provision is in place that promotes the emotional wellbeing and mental health of both staff and students. It was highlighted in the report that "Selby High is a very inclusive school, where promoting the well-being of all members of the school community is a key focus. There is a strong sense of belonging and attachment".

Mental Health & Wellbeing: Key Staff in School

Miss G. Smith
Senior Mental Health Lead

Miss S. Langridge
Designated Safeguard Lead

Mrs J. Carter-Mills
Staff Wellbeing Lead

Miss A. Ridley
Lead Thrive Practitioner

Mrs S. Wardell
AP Alternative Provision & YMHFA

Mrs E. Lockhart
SENCO & YMHFA

Mrs K. Wood
Counsellor & Safeguarding

Mr J. Williamson
Counsellor & PRB Practitioner

Miss M. Rudd
Counsellor & LGBQT+ Lead

Mrs A. Moughan
Student Support Mentor

Mrs V. Booth
TMP Leader

Mrs Y. Duffy
Staff Wellbeing Champion

Stella, Therapy dog

We are fortunate to have a therapy dog in school. Stella enjoys working with students and helping to make things feel a little easier if a student is struggling or upset. Stella will be at the Student Entrance each morning to welcome the students as they arrive. She also enjoys listening to students practising their reading skills.

Accessing Help in School

Selby High School is a caring school. If students have any worries or concerns, there are plenty of places to access support:

Student Wellbeing Portal – An area on Ready steady Learn which is dedicated to student wellbeing. Content is uploaded on a regular basis including blogs, video clips, resources & signposting.

Self-help resources – The Counselling Team keep a well-stocked selection of information leaflets on mental health & wellbeing covering a wide range of different topics.

PD Tutor – Personal Development (PD) Tutors will meet with students on most days during period 6. They are the first point of contact when a student needs some additional help. They also know their students well and will often spot the signs of a student needing a little extra support with their wellbeing.

Class teachers - All teachers receive yearly training in social and emotional health. Staff are approachable and will be open to having conversations about mental health & wellbeing. They will also be able to point students in the right direction of appropriate support if they feel that further intervention may be needed.

Year Leader - Year Leaders operate an open-door policy and will always be willing to listen to any concerns that a student may have around SEMH & wellbeing. Year Leaders will also conduct daily welfare check-ins when a student is struggling with their wellbeing.

Student Support Mentor - Offering an extra layer of pastoral check-ins for students needing a bit of TLC or extra support. Mrs Moughan is the key staff member supporting our Young Carers in school.

Counselling Team - For students needing more focused support with their social, emotional or mental health. A bookable drop-in service is available before school, after school or at break times. Additionally, the team offers 1:1 and small group interventions on specific aspects of mental health, and have a wealth of self-help leaflets and resources for students to take away.

Wellbeing in Mind Team - A team of NHS professionals working in school to offer support to students experiencing common emotional wellbeing difficulties. Work may be offered to students in small groups or 1:1.

Student Wellbeing Ambassadors - Our Student Wellbeing Ambassadors are passionate about promoting wellbeing for students in school. They are a team of friendly, approachable students who will be happy to help point others in the direction of support if needed.

My Mind Coach - All our students have access to the My Mind Coach application which looks at specific strategies to promote good mental health & offers tips for developing resilience.

Selby High School Commitment to Mental Health & Wellbeing

Selby High School has a whole-school approach to mental health that focuses on promotion-prevention and the safeguarding of mental health being the responsibility of all. Our SEMH & Wellbeing Strategy (Appendix 1) is based on the Public Health England 8-point model for promoting a whole-school approach to mental health & wellbeing.

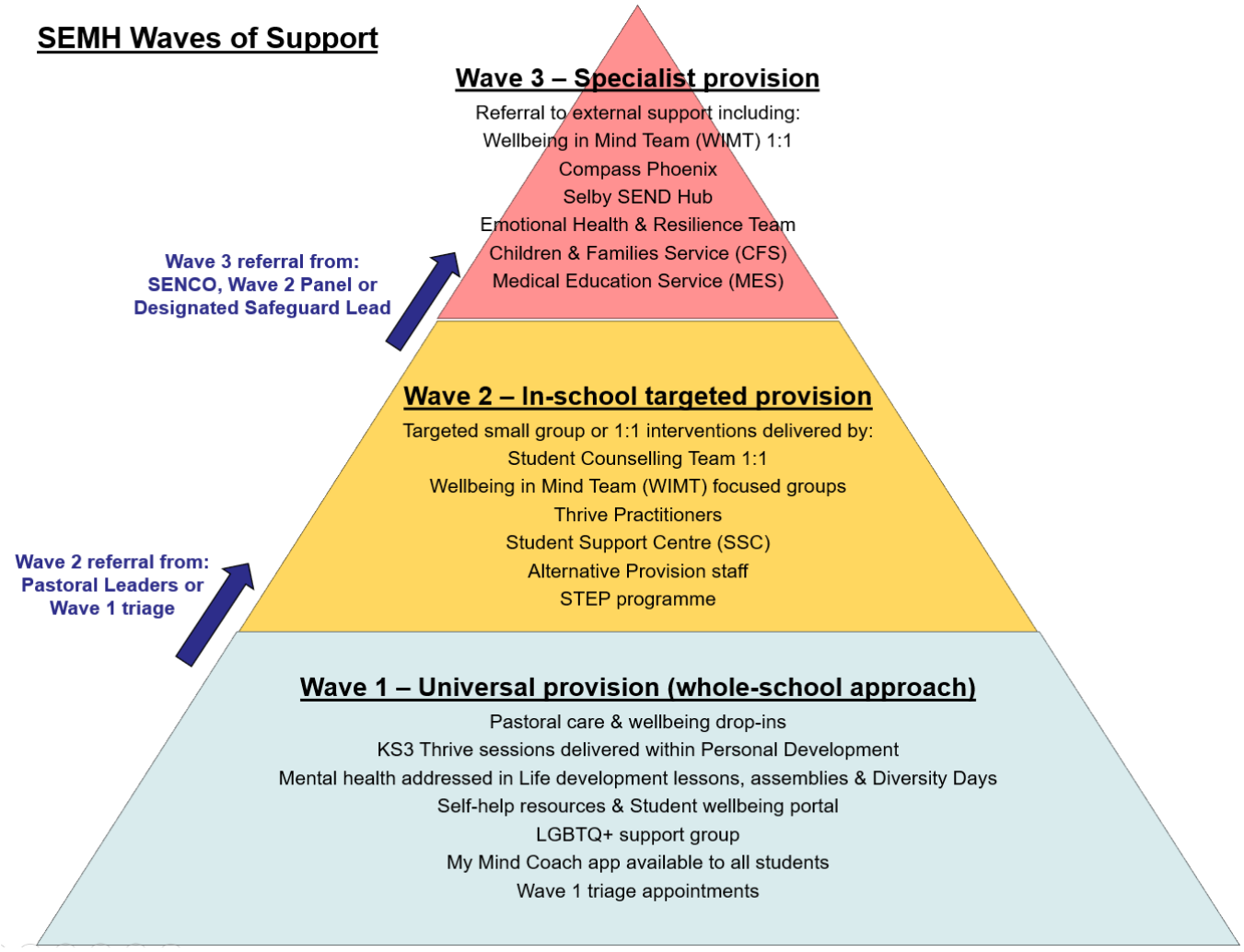
Leadership & management	A whole school vision is in place that champions and supports efforts to promote SEMH & wellbeing for all stakeholders at school. SEMH & wellbeing are a key focus of the School Development Plan and are a priority agenda item at senior team, line management meetings and Wave 2 Panel discussions.
Ethos & environment	Part of the school ethos is 'embracing diversity' enabling all students to feel valued, respected & secure whilst at school. Displays and information are available around the school site detailing support mechanisms for students & staff. Mental health & wellbeing are a regular focus within the Values Curriculum, assemblies & PD time. Thrive lessons are a key feature of Y7 & Y8 PD time (one Thrive lesson per week for all students). Our view is that we will continually challenge the stigma that exists around mental health and encourage students to seek support if they are experiencing difficulties – 'it's okay to talk'.
Curriculum teaching & learning	Our students are taught about specific aspects of mental health & wellbeing within their Life Development (PSHCE) curriculum across all years. Lessons build on previous content and are continually adapted and developed based on the needs of our students. Lesson themes can be viewed on the Curriculum Overview for Mental Health & Wellbeing. Further to this, all curriculum areas have published their own SEMH Promise which identifies opportunities to address issues of SEMH within lessons. This includes a commitment to

	signposting support and developing student resilience levels.
Enabling student voice	Student Voice mechanisms are in place allowing us to gain valuable information from our students regarding SEMH & wellbeing. Mental health is a standing agenda item at Year Council meetings and we have a cohort of Student Wellbeing Ambassadors who act as the driving force for the promotion of student wellbeing and wellbeing calendar days in school. All students are given the opportunity to participate in student voice on mental health & wellbeing (via Smart School Councils) and as part of their Life Development lessons. Students in Y8 & Y10 participate in the Growing Up in North Yorkshire Survey (GUINYS), which provides us with valuable feedback on a range of contextual wellbeing issues.
Staff development	All staff receive a yearly refresher on safeguarding & welfare alongside any updates to 'Keeping children Safe in Education.' All staff have completed Level 1 Mental Health Awareness training. We also have 2 staff trained in Youth Mental Health First Aid (YMHFA) and 1 staff member trained in Adult MHFA. Continued professional development around mental health & wellbeing is a priority aspect of the school training programme. All staff have received training around emotion coaching and the Thrive approach. Those staff working directly within the area of SEMH receive additional CPD which is specific training relevant to their role. Additionally, all staff have access to independent learning via the School's National College membership. A member of the Senior Leadership Team has completed the Senior Mental Health Lead training and is taking a strategic lead on mental health & wellbeing across the school. Future training will focus on self-harm, trauma-informed practice and adverse childhood experiences (ACES).
Identifying need & monitoring impact	Staff and students are regularly provided with the knowledge and tools needed to help identify SEMH issues early. Students are continually reminded where & how to access support if needed. There are a range of methods used to identify SEMH needs including: welfare checks, effective pastoral care, CPOMS entries relating to welfare, Arbor data (relating to attendance, behaviour, attainment & engagement), survey responses from students/staff and GUINYS responses. A range of screening tools are used to assess more specific needs including: 3 Houses, scaling questions, Thrive assessments, Boxall profiling, SNAP assessments, Me & My feelings questionnaire, Strengths & difficulties questionnaire, Self-harm guidelines and assessments relating to specific areas around teen mental health. The impact is monitored in a similar way with success criteria being specific to each individual student's needs eg. an increase in attendance. Any student requiring targeted intervention from school will be flagged on CPOMS (often following Wave 1 Triage). This information is then shared with the SEMH team at a fortnightly Wave 2 Panel meeting to decide on the best course of action for the student. A clear protocol for referrals is in place.
Working with parents & carers	An effective pastoral & support structure is established which is clearly outlined to parents/carers upon starting at Selby High School and reiterated regularly via letters and parent/carer evenings. Non-teaching Year Leaders are an accessible, clear first point of contact for PCGs. The school effectively signposts parents to SEMH support via phone calls, meetings, wellbeing pop-up stands at PCG evenings, the wellbeing section on our website and via the Counselling Team. The school keeps in regular contact with PCGs around SEMH & wellbeing needs and seeks out consent before beginning any direct work with students or making any referrals (logged on CPOMS). Parents/carers are kept well-informed via the Principal's newsletter & school social media. Parental voice is collected as part of our Parental Engagement Strategy in a variety of ways, including surveys.

Targeted support & appropriate referrals	The SEMH, safeguarding and pastoral teams have a comprehensive understanding of local organisations who offer support with mental health & wellbeing. The school has implemented a range of evidence-based wave 2 interventions such as Thrive & emotion coaching. All staff are aware of the pastoral referral routes, the requirement to log causes for concern on CPOMS and the expectation that mental health is the responsibility of all. The protocol for referral can be seen within our Pyramid of needs diagram below. Depending on the needs of each individual, students may be signposted to specific agencies offering more focused support or Wave 3 specialist interventions such as CAMHS, Compass Phoenix & the Emotional Health & Resilience Team. As part of our Wave 2 panel meetings, we also conduct Early Help Assessments.

Referral Protocol (Pyramid of needs approach)

A Pyramid of needs approach has been adopted to demonstrate a clear & consistent referral protocol. Self-harm, is an area of wellbeing need, which has its own flowchart for referral, support & level of intervention (see Appendix 2 – Self-harm Protocol).



School Identification of SEMH & Wellbeing needs

The following systems are in place for **identifying** SEMH needs and sharing information effectively:

Process	Pastoral & welfare checks
Pastoral & welfare checks	Observations by staff, peers, parents – looking for changes in mood, behaviour, emotions. Concerns logged on CPOMS and with Year Leader for further action.
Meetings	Student safeguarding, wellbeing & welfare are a standing agenda item in SLT and pastoral meetings. Any SEMH concerns raised are discussed and referred to the appropriate support in school.
Student Voice	Student Wellbeing Ambassadors & Year Council work - representative of key groups in school. Concerns logged in meeting minutes and brought to SLT/SEMH Team meetings for further action. The Principal & Vice Principal meet with different groups of students weekly. Smart School Councils is used to gather student voice from PD groups.
CPOMS	Key source of logging SEMH/safeguarding concerns for all staff. Automatically alerts the core safeguarding team who will share information and action as appropriate.
Drop-ins for students	Bookable drop-in sessions for students run by our Counselling Team in the Retreat. The Student Support Centre (SSC) is also permanently staffed for drop-ins. Student concerns logged on CPOMS are brought to Wave 1 Triage in the first instance.
Wave 1 Triage	A screening session run every Thursday morning by Mrs Moughan & Mrs Wood. Students may be given practical advice/self-help resource information, signposted to other sources of support, considered for monitoring or receive an onwards referral to the Wave 2 Panel.
Wave 2 referral flag on CPOMS	The CPOMS Wave 2 flag is added by the Pastoral Team to request specific wellbeing support. Referrals are picked up by the Senior Mental Health Lead and shared with key staff at a fortnightly Wave 2 Panel meeting. The group will then decide the best course of supportive action for each individual student.
Contact with other agencies	Information shared with the Designated Safeguard Lead or Counselling Team from external agencies eg. CAMHS, WIMT, CFS etc.
Growing up in North Yorkshire survey	Specific contextual SEMH issues are identified and then addressed within our Values Curriculum: Assemblies, Life development lessons, Diversity Days, PD time.
Signs of Safety (3 Houses tool)	Specific SEMH screening tool used by the DSL. Informs level of support needed and a baseline assessment. http://www.partneringforsafety.com/uploads/2/2/3/9/22399958/three_houses_booklet_updated.pdf
Thrive profiling	Online Thrive profiling is conducted by Miss Ridley, Lead Thrive Practitioner, once a student has been recommended for Thrive interventions. https://www.thriveapproach.com/about-thrive/thrive-online
Boxall profiling	Completed by our Alternative Provision Team and the results are shared with the SEMH Team to decide on the best methods of further support. https://new.boxallprofile.org/
SNAP Profiling	Online assessments used by our internal AP Lead & SENCO. The SNAP-B screening tool is designed to pinpoint specific behavioural difficulties which, if left unidentified, may limit a

(Special Needs Assessment Profile)	student's potential to learn. Concerns are shared with the SEMH Team and the most appropriate support is put in place. https://snap.rsassessment.com/#/core/welcome
Verbo	Speech & Language screening tool which suggests interventions via a virtual platform.
Arbor	Used to track attendance, behaviour & suspension data. Patterns are tracked by ESLT and shared when there is a concern for SEMH & wellbeing.
Monitoring of student work	In-class monitoring of books to spot signs of needing help eg. answers in Life development lessons. Referrals made via the Year Leader.
External screening	Some screening is conducted by external agencies and then the information is shared back with the school eg. CAMHS - ADHD & ASC questionnaires, Boxall profiling - SEND Hub.

Wave 2 – In-school Interventions & Direct Work

The school has invested heavily in the area of mental health and wellbeing as we realise the impact on our students. Within our Wave 2 provision that we offer in school, we are able to offer support to students in the following areas. This may involve 1:1 direct work over a number of weeks or small group support.

Direct work available:	Crisis management:
Anger management	Adult Mental Health First Aid
Anxiety	Suicide First Aid
Attachment & trauma	Youth Mental Health First Aid
Attendance (& barriers to school engagement)	
Bereavement	
Body image	
Counselling (generic)	
EAL & Refugee support	
Eating issues	
Emotion coaching & emotional regulation	
Exam stress	
Family illness	
Friendship issues	
Healthy relationships	
Language for behaviour & emotions (targeted programme)	
Low mood	
Online safety	
Psychotherapeutic work	
Resilience	
Restorative justice	
Risk-taking behaviour	
Self-esteem	
Self-harm	
Sleep hygiene	
Social skills interventions	
Stress reduction	
Suicidal thoughts (including suicide risk assessments & safety plans)	

Teen Talk (targeted programme)	
Thrive interventions (targeted programme)	
Vulnerable students	
Young carers	
Zones of regulation (targeted programme)	

Consent

Consent from parents will be gained before commencing any direct 1-to-1 work with students. This includes screening, Thrive interventions, SNAP assessments and direct work with the Counselling Team, Thrive Practitioner or Wellbeing in Mind Team.

Signposting to Self-Help or Other Agencies

At Selby High School, we aim to provide a range of opportunities for students to seek support from members of staff and from their peers (through the Student Wellbeing Ambassadors). However, we are aware that for some individuals, seeking support in school is still difficult.

This Wellbeing section of our school website is designed to help everyone find resources and support to address any concerns that they have. As part of the signposting we do in school, below are some of the organisations and people that we believe can help.

ALUMINA	**Alumina** Online self-harm support
Battle Scars	**Battle Scars** Accessible support groups for those who struggle with self-harm https://www.battle-scars-self-harm.org.uk/
Beat Eating disorders	**Beat** Eating Disorder information: 0808 801 0711
camhs CHILD AND ADOLESCENT MENTAL HEALTH SERVICES	**CAMHS Crisis** 0800 0516171
childline ONLINE, ON THE PHONE, ANYTIME	**Childline** 0800 1111 Free 24-hour helpline for children and young people in the UK. Childline App
Compass Phoenix	**Compass Phoenix** 0800 008 7452 Compass Phoenix aims to improve the mental health and wellbeing of children and young people aged 5-18 (25 with SEND) in schools across North Yorkshire. Text: 07520 631168 Buzz Us is a text messaging service for young people aged 11-18 who live in North Yorkshire.

	Frank Drugs information: 0300 123 6600
	The Go-To Healthy minds in North Yorkshire The Go-To Mini Market Place
	Mermaids Helping gender-diverse kids, young people and their families. Information: 08088 010400 https://mermaidsuk.org.uk/
	Mind mind.org.uk Information line: 0300 123 3393 Mental Health Charity
	Mind Jam https://mindjam.org.uk/ Emotional and SEN support for young people through gaming, game design and digital skills.
	The Mix 0800 808 4994 Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs. Chat about any issue on the moderated discussion boards and live chat room.
	NSPCC Helpline: 0800 800 5000 help@nspcc.org.uk Specialises in child protection and the prevention of cruelty to children.
	On My Mind Helping to empower young people to make informed choices about their mental health & wellbieng. https://www.annafreud.org/on-my-mind/
	Papyrus Helpline: 0800 068 41 41 Charity for the prevention of young suicide, offering confidential support and awareness training.
	Samaritans Call 116 123 for free, 24 hours a day, 365 days a year. jo@samaritans.org Emotional support for anyone feeling down, experiencing distress or struggling to cope.

YorSexual Health Free and confidential services across North Yorkshire and York	**Sexual Health Clinic** Call 01904 721111
shout 85258 here for you 24/7	**Shout** Text shout to 85258
YOUNGMiNDS	**Young Minds** 020 7089 5050 (general enquiries) 0808 802 5544 (parents helpline, for any adult with concerns about the mental health of a child or young person) National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people.

Wave 3 - External Support Accessed by the School

The school works closely with a wide range of local services and commissioning groups to ensure that we fulfil our duty of care to our students. Some of the external support requires a school referral, some require a self-referral. This includes:

CAMHS Child & Adolescent Mental Health Services	**CAMHS** The NHS services that assess and treat young people with emotional, behavioural or mental health difficulties. CAMHS support covers depression, problems with food and eating, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties.
North Yorkshire Youth	**Change Direction** Change Direction is a prevention and early intervention support scheme for young people aged 10-17 in North Yorkshire, who may be committing antisocial behaviour or very low level offences, with the intention of diverting them away from the Criminal Justice System.
Compass Phoenix	**Compass Phoenix** The Compass Phoenix service aims to improve outcomes for children and young people in relation to their emotional wellbeing and mental health. Support includes 1-to-1 or group work interventions for young people age 9-19 who are experiencing mild to moderate mental health difficulties.
North Yorkshire Safeguarding Children Partnership	**Family Help** The purpose of Family Help is to work together to resolve problems before they become overwhelming, long term and costly to the child, young person, family and the wider community. Family Help enables children, young people and their families that have become overwhelmed by difficulties to make better choices, learn new skills and have aspirations to turn their lives around.

	5-19 Emotional Health & Resilience Team **https://hdftchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-north-yorkshire/** The team includes a skill mix of Emotional Health and resilience Nurses, Psychological Wellbeing Practitioners and Family Health practitioners. The team are trained to deliver evidence based 1-1 short term interventions to support: Low mood, Anger, Anxiety, Self-esteem, Building resilience, Managing Emotions, Behaviour Management linked to emotional health concern.
	IDAS Respect A specialist charity supporting and accommodating victims and survivors of domestic or sexual abuse.
	NSPCC - Building Connections https://learning.nspcc.org.uk/services/building-connections Building Connections is an online service for young people up to the age of 19, empowering them to find a way through loneliness.
	NY Rise A support service around drugs and alcohol for young people in North Yorkshire age 10 – 19.
	SEND Hub Supporting children who have special educational needs and disabilities (SEND) in Selby. This includes: individual work, educational psychology, occupational therapy, Medical Education Service (MES) and therapeutic work.
	The Sleep Charity The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better. Campaigns aim to improve sleep support and access to high quality information, raise awareness of the value of a good night's sleep and promote understanding around the complexities of sleep.
	Solace Solace provide psychotherapy to refugees and asylum seekers across Yorkshire and the Humber regions. Their specialist practitioners provide talking therapy through interpreters trained in this unique setting. Solace support displaced people living with the effects of trauma and persecution. Across the region they work with individuals, families and children. As well as talking therapy, they provide group stress management sessions and a programme of pain management.
	NHS York and Selby – Talking Therapies For people aged 16 years or over, Talking Therapies is a national NHS programme designed to increase the availability of talking therapy treatments. They provide a range of therapies for people in York aged 17 and over who may be experiencing the following difficulties: Depression, Anxiety and worry, Health anxiety, Social phobia, Specific phobias, Panic disorder, Post-traumatic stress disorder (PTSD), Obsessive-compulsive disorder (OCD).

	Wellbeing in Mind Team (WIMT) WIMT are a team of NHS staff, working in schools to offer support to students experiencing common emotional wellbeing difficulties. They provide care and interventions for young people including support for difficulties including low mood, anxiety and low self-esteem They also work closely with other services so that those with more complex problems can get the right help, from the right people, more quickly.
	York Mind York Mind deliver a 1-to-1 mentoring service in schools helping students to have an increased emotional literacy and better understanding of their mental health & wellbeing. Young people will be better able to manage their mental health through positive coping strategies and will have an increased level of resilience.

SEND

The support mechanisms that we put in place for SEMH tie in very closely and overlap with our SEND Policy and Positive Relational Behaviour Policy. SEN screening tools, such as Verbo & SNAP assessments are used as part of our support pathways to ensure that underlying, undetected SEND are not the root cause of SEMH issues. Students that do struggle with SEMH, as part of an identified SEN, will have reasonable adjustments put in place to help them overcome any barriers to learning.

LGBTQ+ Support Group

Our LGBTQ+ support in school includes:

- Drop-ins or bookable one-to-one sessions with Miss Rudd (LGBTQ+ Lead member of staff);
- Student Voice mechanisms (open forum) held during PD time;
- Signposting & raising awareness via noticeboards, electronic boards, assemblies (eg. Pride Month), Life Development lessons and a wealth of resources in the LRC;
- The LGBTQ+ Support Group has been running since Sept 2023.

The LGBTQ+ Support Group came about via a Student Voice forum where students felt they needed a safe space to be able to able to seek support, ask questions, share experiences and meet up with other like-minded individuals. This group is open to anyone and everyone is welcome. It takes place:

Week B – Tuesdays period 6 (in room PA3)

Staff SEMH & Wellbeing

Staff wellbeing continues to be a focus of the School Development Plan with 'a great place to work' being highlighted on the Three-year strategy document. The School Staff Wellbeing Charter has been adopted and a Staff Wellbeing Pledge has been drawn up and implemented (Appendix 3).

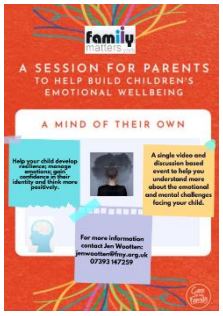
Working with Parents & Carers

Parents, carers and guardians are often very welcoming of support and information from the school about supporting their child's emotional and mental health. In order to support parents, carers and guardians we will:

- Highlight sources of information and support about common mental health issues on our school website
- Ensure that all parents, carers and guardians are aware of who to talk to, and how to go about this, if they have concerns about their own child or a friend of their child
- Make our mental health policy easily accessible to parents, carers and guardians
- Share ideas about how parents, carers and guardians can support positive mental health in their children through our regular information evenings
- Keep parents, carers and guardians informed about the mental health topics their children are learning about in Life development and share ideas for extending and exploring this learning at home
- Seek the views of parents & carers on a regular basis regarding the work we are doing on mental health & wellbeing.

Specific Signposting for Parents & Carers

The school continues to raise awareness of where parents & carers can access support for mental health & wellbeing locally:

Family Matters York Knowing how to support the emotional and mental wellbeing of our children and young people is one of the biggest challenges parents & carers face today. Family Matters York is a small charity that cares about and supports families of all shapes and sizes. They deliver parenting courses and provide valuable relationship support. Over the past year their parenting courses and workshops have benefitted hundreds of parents, increasing their skills and confidence and, most importantly, improving their relationship with their child(ren). The courses cover a variety of topics including communication, boundary setting and anger management. https://fmy.org.uk/york/	

STEM 4 Stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers. On their website are a range of resources and links to apps designed to support teens with their mental health: https://stem4.org.uk/	
NHS Solihull Approach 9 fantastic online courses are available for parents, grandparents and carers. These courses are locally funded and have been prepaid. If living in North Yorkshire the access code is: NYFAMILIES https://inourplace.co.uk/	
IAPT The improving access to psychological therapies (IAPT) service offer psychological treatments for stress, anxiety and depression to anyone under the care of a GP. IAPT is suitable for people: • Aged 16 years and over • Who are experiencing mild to moderate depression or anxiety disorders • Who are not already receiving NHS mental health services • You can contact us directly to discuss a self- referral: **York and Selby IAPT service Helpline: 01904 556840** https://yorkandselbyiapt.co.uk/	
Horton Wellbeing Cafe Horton Wellbeing Café is aimed at adults aged 18 and over and living in the Selby District, who have mental health issues or concerns, and their family members and carers. **The café runs as follows in Selby Town: Thurs 10am – 12pm Weekly Cunliffe Centre, Petrie Avenue, Selby, YO8 8DJ** For more information regarding the service, or if you would like to discuss a referral, please contact a member of the team on: **07525667966/ 07823349989 or email us** wellbeingcafe@hortonhousing.co.uk	
The Big Communi-Tea The Big Communi-Tea provides information, places of safety and signposting to support wellbeing for all - Free drink from participating cafes for the vulnerable, the lonely, mental health sufferers and anybody that feels in need. **Based in Selby**. **Tel: John - 07966 218898 or Jenny - 07341 443045** **01757 642399** https://communitea.org.uk/	
Family Lives This is a website loaded with information around many different aspects of health & wellbeing. There are parenting advice videos and online parenting courses available: https://www.familylives.org.uk/	

NYCC Mental Health North Yorkshire out of hours mental health helpline, a confidential and anonymous service available to anyone registered with a North Yorkshire GP. Providing a listening ear, emotional support, signposting and referral on to other services for individuals and the carers of people experiencing mental distress. **Telephone: 0333 0000 309** **Opening hours: Monday to Thursday - 5pm to 8.30am** **Friday from 4.30pm (24 hours on weekends, including bank holidays)** https://www.northyorks.gov.uk/mental-health	
Qwell Men aged 18+ living in North Yorkshire can now register to use Qwell for Men - a free, anonymous online counselling and emotional wellbeing service which can be accessed anywhere using a computer, smartphone or tablet device. There are no waiting lists or thresholds for use, so men can use the free service as soon as they register. Qwell is available 24 hours a day and those accessing support have the option to remain completely anonymous. This service is crucial and we encourage men from all walks of life to use it. https://www.qwell.io/	
Recovery College Online Providing a range of online educational courses and resources to people who might be struggling with mental health issues, families, friends, mental health workers and anyone else who might be interested. You can complete online courses covering a variety of mental health and wellbeing topics for free in your own time, at your own pace. https://rco-new.mixd.co.uk/	

Scope & Review of the Policy

This policy should be read alongside the following school policies: Child Protection & Safeguarding, SEND, Positive Relational Behaviour Policy and Anti-bullying. It also takes account of the DfE Mental Health and Behaviour in Schools (2018) document, Keeping Children Safe in Education and the Resilience Framework.

Appendix

1 – SEMH & Wellbeing Strategy
2 – Self-harm Protocol
3 – Staff Wellbeing Pledge