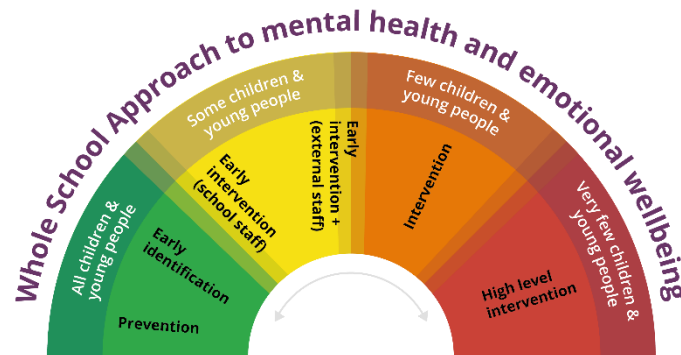




Our School Mental Health Pathway

Levels of Need



Levels of need are used to help education providers and services to determine the type of support that might be needed for children/young people. There are 4 levels:

Green = Prevention and early identification. This level is for all children and young people and represents the basic level of mental health awareness and support strategies that all children and young people need for positive emotional wellbeing.

Yellow = Early Intervention. At this level of need children/young people will be showing early signs of distress that may be the start of an emerging mental health issue. Short-term interventions that build coping strategies are given to prevent these issues from developing – small changes to prevent bigger challenges.

Orange = Intervention. At this level children and young people will need more specific support as their mental health problem will be more developed and significantly impacting their day-to-day life. There may also be other complexities such as trauma or neurodevelopmental conditions. Interventions are chosen to suit the needs of each child/young person and will vary in modality, and intensity.

Red = High Level Intervention. At this level children and young people will need high-level support for mental health conditions that require support from Alder Hey Fresh CAMHS. Children may be at crisis point, require medication, or several different types of specialist support.



What it is	Who it is suitable for/ at what level of need	How it is accessed	How this information is communicated to students
Access to a well-planned PSHE curriculum, which develops pupils knowledge and understanding of mental health and how to access support if needed.	Green	All children access through curriculum provision.	Shared with pupils at the start of the year and different units. Shared on Website PSHE page. https://www.stchristophersprimary.com/pshe/
Be Me Project - which develops children's practical strategies for supporting the mental health and wellbeing of themselves and others.	Green	Initial sessions for all classes delivered by our Be Me lead and then revisited daily with staff.	Shared with pupils during the sessions, assemblies and in class. Information to be shared on website and Class Dojo.
Access to School website mental health and wellbeing resources including Fresh CAMHs site.	Green	Any child can access this through the website.	Link on the website, in the Children's tab, under Be Safe, Healthy and Happy page. https://st-christophers-catholic-primary-school.secure-primariesite.net/fresh-camhs-mental-health-and-wellbeing-support
Education Mental Health Practitioner (EMHP) Class Sessions	Green/Yellow	Classes/year groups could have been identified by school staff or EMHP	Shared with pupils during the sessions, assemblies and in class. Information to be shared on website and Class Dojo.
Class Emotional Wellbeing sessions with our School Health Team	Green/Yellow	Classes/year groups could have been identified by school staff or School Health	Shared with pupils during the sessions, assemblies and in class. Information to be shared on website and Class Dojo.
Small group sessions with a member of the pastoral team.	Yellow	Through parent/carer, staff or pupil request.	Discussed with children in class.
1:1 sessions with a member of the pastoral team.	Yellow	Through parent/carer, staff or pupil request. Referral completed by class teacher.	Discussed with individual child.



<p>Sunbeams (Small groups supporting children who have experienced any form of loss.)</p>	<p>Yellow</p>	<p>Parents/Carers complete permission slip to request a place. At times, staff may approach parents/carers to suggest the programme.</p>	<p>On School website Mental Health and Wellbeing page. Discussed with children requiring support by staff and parents.</p>
<p>Rainbows (Small groups supporting children who have experienced any form of loss.)</p>	<p>Yellow</p>	<p>Parents/Carers complete permission slip to request a place. At times, staff may approach parents/carers to suggest the programme.</p>	<p>On School website Mental Health and Wellbeing page. Discussed with children requiring support by staff and parents.</p>
<p>Education Mental Health Practitioner 1:1 Sessions or small group sessions for children of families. R.Murray</p>	<p>Yellow/Orange</p>	<p>Referral completed by mental health lead/SENCO after consultation with child, parent/carer, teacher and at times outside agencies.</p>	<p>On School website Mental Health and Wellbeing page. Discussed with children requiring support.</p>
<p>A Quiet Place 1:1 personal development sessions for children. A. Hannah and M. Parkinson</p>	<p>Orange</p>	<p>Referral completed by mental health lead/SENCO after consultation with child, parent/carer, teacher and at times outside agencies.</p>	<p>On School website Mental Health and Wellbeing page. Discussed with children requiring support.</p>
<p>OSSME (Outreach Services Supporting Mainstream Education) Weekly 1:1 sessions with a key worker, often targeted at children with a diagnosis/on the pathway/showing some signs of ASD. K.Ashworth</p>	<p>Orange</p>	<p>Referral completed by SENCO after consultation with child, parent/carer, teacher and at times outside agencies.</p>	<p>On School website Mental Health and Wellbeing page. Discussed with children requiring support.</p>
<p>Play Therapist K.Ashworth (1/2 day a week for 1:1s) K.Harvery (1 day a week for 1:1s and small groups)</p>	<p>Orange (usually EYFS/KS1 children)</p>	<p>Referral completed by mental health lead/SENCO after consultation with child, parent/carer, teacher and at times outside agencies.</p>	<p>On School website Mental Health and Wellbeing page. Discussed with children requiring support.</p>



<p>Seedlings Children's Psychological Therapists who deliver 1:1 creative therapies, including art, drama, play and talking therapies. J.Haworth</p>	<p>Orange (usually for our KS2 children)</p>	<p>Referral completed by mental health lead/SENCO after consultation with child, parent/carer, teacher and at times outside agencies.</p>	<p>On School website Mental Health and Wellbeing page. Discussed with children requiring support.</p>
<p>Referral to Alder Hey Fresh CAMHS and possible Crisis Team call. CAMHS Crisis Line - Outside of office hours you can call the Crisis Line on 0151 293 3577 which operates Monday to Friday 8am to 8pm and on weekends and Bank Holidays runs from 10am to 4pm.</p>	<p>Red</p>	<p>Parents signposted to the Crisis Team and can call at any time. Parents/Carers or staff can complete a referral to CAMHS but will need parental permission.</p>	<p>On School website Mental Health and Wellbeing page. Discussed with children requiring support.</p>

*******If you are in crisis and you feel that you need support urgently then you should do one of the following:**

1. Talk to an adult, friend or somebody that you trust as soon as you can.

The following sources of support might also be helpful:

- ChildLine dial 0800 1111 or visit www.childline.org.uk
- Samaritans 08457 90 90 90 or visit www.samaritans.org

2. If you are already being seen by CAMHS and it is during office hours (Mon-Fri 9am – 5pm), call your CAMHS Worker at FRESH HQ on 0151 293 3662

3. Outside of office hours you can call our Crisis Line on 0151 293 3577 which operates Monday to Friday 8am to 8pm and on weekends and Bank Holidays runs from 10am to 4pm. Please also call this number if you are considering attending A&E (unless you need urgent medical attention).

4. If our Crisis Line is not open you can call your out of hours GP Service for advice and support. You can also call NHS Emergency & Urgent Care Services by dialling 111

4 If do not currently have a CAMHS worker, or it is outside of office hours, or **if you need urgent medical attention you should attend A&E**. When you get to A&E you will be seen by a mental health professional as soon as possible.

- Attend A&E at Alder Hey if you are under 16
- Attend your most local adult A&E if you are over 16