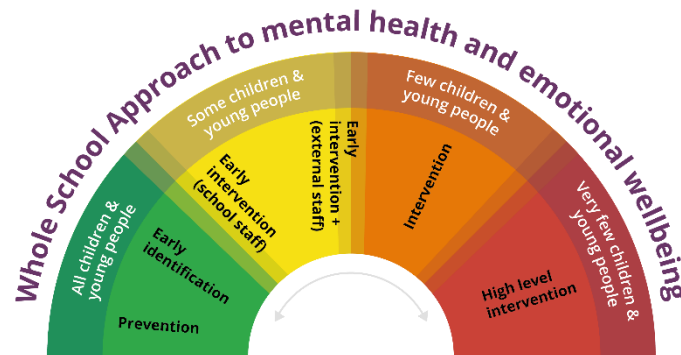




Our School Mental Health Pathway

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.
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.



Sunbeams (Small groups supporting children who have experienced any form of loss.)	Yellow	Parents/Carers complete permission slip to request a place. At times, staff may approach parents/carers to suggest the programme.	On School website Mental Health and Wellbeing page. Discussed with children requiring support by staff and parents.
Rainbows (Small groups supporting children who have experienced any form of loss.)	Yellow	Parents/Carers complete permission slip to request a place. At times, staff may approach parents/carers to suggest the programme.	On School website Mental Health and Wellbeing page. Discussed with children requiring support by staff and parents.
Education Mental Health Practitioner 1:1 Sessions or small group sessions for children of families.	Yellow/Orange	Referral completed by mental health lead/SENCO after consultation with child, parent/carer, teacher and at times outside agencies.	On School website Mental Health and Wellbeing page. Discussed with children requiring support.
A Quiet Place	Orange	Referral completed by mental health lead/SENCO after consultation with child, parent/carer, teacher and at times outside agencies.	On School website Mental Health and Wellbeing page. Discussed with children requiring support.
Play Therapist	Orange (usually EYFS/KS1 children)	Referral completed by mental health lead/SENCO after consultation with child, parent/carer, teacher and at times outside agencies.	On School website Mental Health and Wellbeing page. Discussed with children requiring support.
Seedlings Children's Psychological Therapists who deliver 1:1 creative therapies, including art, drama, play and talking therapies.	Orange (usually for our KS2 children)	Referral completed by mental health lead/SENCO after consultation with child, parent/carer, teacher and at times outside agencies.	On School website Mental Health and Wellbeing page. Discussed with children requiring support.



<p>Referral to Alder Hey Fresh CAMHS and possible Crisis Team call.</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>
---	------------	--	---