

Who are the lead members in the school?



Kay Gray
Lead Designated/
Mental Health Lead



Jenny Brown
Lead Designated



Jodie Harnan
Designated
Officer



Susan Seymour
Designated
Officer/First Aider



Kul S Ghattaora
Designated
Governor for
Safeguarding



Severine Wilken
PSHE
Co-ordinator

What if you have concerns regarding another student?

If you have concerns regarding other students within the school, then please contact a member of the safeguarding team on 0115 896 4949.

How do we support parents?

Parents are often very welcoming of support and information from the school about how to help support their children's emotional and mental health. In order to support parents we will:

- Highlight sources of information and support about common mental health issues on our school website.
- Ensure that all parents are aware of who to talk to, and how to access help if they have concerns about their own child or a friend of their child.
- Share ideas about how parents can support positive mental health in their children through our regular information evenings.

Nottingham Free School
290 Haydn Road, Sherwood, Nottingham,
NG5 1EB
Tel:0115 896 4949

Nottingham Free School



Promoting Positive Mental Health

**Information for
parents and carers**

What is positive mental health?

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

(World Health Organization)

What are our aims and objectives?

- Promote positive mental health in all staff and students.
- Increase understanding and awareness of common mental health issues.
- Alert staff to early warning signs of mental ill health.
- Provide support to staff working with young people with mental health issues.
- Provide support to students suffering mental ill health and their peers and parents/carers.

Signposting

We ensure that staff, students and parents are aware of sources of support within school and in the local community. Relevant sources of support are displayed in communal areas such as noticeboards and toilets and sources of support are highlighted to students within relevant parts of the curriculum. Whenever we highlight sources of support, we will increase the chance of student help-seeking by ensuring students understand:

- What help is available
- Who it is aimed at
- How to access it
- Why to access it
- What is likely to happen next.

The teaching of mental health at NFS?

The skills, knowledge and understanding needed by our students to keep themselves and others physically and mentally healthy and safe are included as part of our PSHE curriculum. Mental Health Awareness week and other information/strategies are covered during our tutor programme.

Examples of topics covered are; depression, anxiety, eating disorders and how to deal with stress through mindfulness/relaxation techniques.

The content of lessons will be determined by the specific needs of the cohort we're teaching but there will always be an emphasis on enabling students to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others.

What are the warning signs?

School staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should **always** be taken seriously and staff observing any of these should communicate their concerns with Kay Gray or Jenny Brown, our mental health and emotional wellbeing leads.

Possible signs:

- Changes in eating/sleeping habits
- Increased isolation from friends/family
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness
- Secretive behaviour.

Services available at NFS and through NFS

- **KOOTH counselling** - A free online and face-to-face service that offers emotional and mental health support for children and young people.
- **Counselling team**—a free service offered by The University of Nottingham.
- **School Health Team** - A nurse provides weekly drop in services at the school.
- **CAMHS** - Child and adolescent mental health services.
- **Lifeline** - raising awareness of drug and alcohol misuse.
- **Parenting teens** - workshop for parents.
- **SHARP**—SHARP is a self harm awareness and resource project. They offer a wide range of services including family support through mediation, drop in clinics at school and parent helpline.
- **BEMHS** - The Behavioural and Emotional Health Team at Nottingham City Care is there to help families identify and access the support services available for children and young people with behavioural, emotional or mental health needs.