

MENTAL HEALTH PROTOCOL



Follow this protocol in the event of a young person disclosing concerns about their mental health

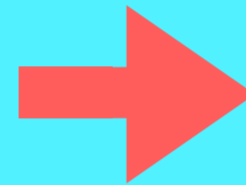


1 CONCERN IDENTIFIED

Young person (YP) discloses a mental health concern about themselves or a peer [e.g. anxiety, depression, eating disorder, self harm, suicidal ideation, psychosis]

2 IS THERE EVIDENCE OF IMMEDIATE RISK?

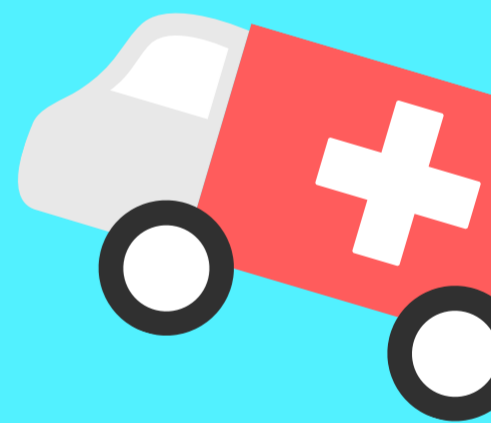
Has the YP made a serious suicide attempt, serious laceration or self injury [taken drugs/ alcohol, ingested something/ overdose]?




- Inform C P co-ordinator
- Provide first aid/999
- Get mental health first aider

3 INITIAL ACTIONS

- Be calm, supportive and non-judgmental
- Speak to YP in a quiet setting
- Explain confidentiality protocol
- Listen rather than give advice
- Check for clarification/ make notes for accurate information



4 PASSING ON INFORMATION

- If in doubt about YP safety - see Child Protection Co-ordinator
- Complete **Wellbeing Form** (click  button)
- Give date, time and summary of conversation
- Email to relevant Pupil Support Teacher



5 MENTAL HEALTH FIRST AIDERS

Staff specially trained to respond to a YP or adult in a mental health crisis. They have an understanding of a variety of mental health conditions and are trained to listen and support someone in crisis.

