

Mental Health Provision Pathway

Stage 1- Our universal offer for ALL children

Whole school curriculum-

PSHE curriculum

Stories

Cross-curricular links

Outdoor learning

Mental health weeks

In classroom provision

5 point scale

Mindfulness teaching

Opportunities for positive social interactions

Opportunities to build trusted relationships with adults

Visual timetable

Build confidence through increased responsibility

Daily mile

Calming spaces

SULP strategies

Worry box

SLT meet and greet at gates

Stage 2 - Classroom targeted support

Meet and greet

Active teaching of 5 point scale

Scaling

Check ins

Speak to parents

Time to talk with trusted adult

Visual timetable- specific for the child (now next then)

Sensory provisions e.g. weighted blanket/ear defenders

Sensory circuit

Social stories

Use and teaching of a safe space

Restorative practise

Transition booklets and support

Explicit teaching of emotional regulation techniques

Guided mediation

Staggered starts to the day

Reduced timetable

Brain breaks

Stage 3 - In house intervention

Lunchtime clubs

ELSA

Fun friends (KS1)

Emotional literacy (KS2)

Individual plan for anxiety triggers

Lego therapy (KS2)

Protective behaviours (safety work)

Happy to be me (self esteem)

SEMH forest school

Voice of child work

Bereavement counselling

SDQ/Boxall

NSPCC- pantosauros work

Stage 4 - Specialist services

Mental Health Support Team

Healthy Minds

CAHMs

Counselling

Support and signposting for parents from pastoral care team

Working together team

Early Help Assessment

IAPT worker (stress, anxiety, and depression)

LCGL counsellors

Assistant Psychologist

Educational Psychologist

Sleep clinic

Children and young person nurses

Dietarian

Family support worker

'Here for you' helpline