

## **Promoting Positive Well-being and Mental Health for the Whole School Community**

Here at St Joseph's Catholic Primary School, we value the health and well-being of all our students and staff so are excited to announce that we have signed up to the Well-being Award for Schools, administered by Award Place, in partnership with the National Children's Bureau.

We have signed up to this award to further develop our work to promote positive well-being and mental health for the whole school community and gain accreditation for the work we have already done. It also ties in with our school strategy to help our students become caring, active citizens and achieve excellence.

### **About the Award**

There are eight objectives to achieve within the Well-being Award Framework, containing several Key Performance Indicators (KPIs) set out within each. The award focuses on ensuring effective practice and provision is in place that promotes the emotional well-being and mental health of both staff and pupils. The award will enable us to develop these practices where necessary and help us to ensure that well-being is embedded in the long-term culture of our school. It will help us to create an ethos where mental health is regarded as the responsibility of all.

With this award, we will demonstrate our commitment to:

- Promoting mental health as part of every day school life
- Improving the emotional well-being of our staff and pupils
- Ensuring mental health problems are identified early and appropriate support provided
- Offering provision and interventions that matches the needs of our pupils and staff
- Promoting the importance of mental health awareness

- Capturing the views of parents, pupils and teachers on mental health issues
- Please see below for mental health & well-being information, signposting to local services and advice for parents:

## Mental Health and Support Services

If you're experiencing mental health problems or need urgent support, there are lots of places you can go to for help. Please see below sign post to local and online services for advice:

### Samaritans

**Telephone:** 116 123 (24 hours a day, free to call)

**Website:** [www.samaritans.org](http://www.samaritans.org)

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

### Mind infoline

**Telephone:** 0300 123 3393 (9am-6pm Monday to Friday) or **text** 86463

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Website:** [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)

Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.

### Rethink Mental Illness Advice Line

**Telephone:** 0300 5000 927 (9.30am - 4pm Monday to Friday)

**Email:** [online contact form](#)

**Website:** <http://www.rethink.org/about-us/our-mental-health-advice>

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs [Rethink services and groups](#) across England.

## Saneline

**Telephone:** 0300 304 7000 (4:30pm-10:30pm)

**Website:** [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

## The Mix

**Telephone:** 0808 808 4994 (11am-11pm, free to call)

**Email:** [Helpline email form](#)

**Crisis Support:** [Text 'THEMIX' to 85258.](#)

**Website:** [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, webchat, peer to peer and counselling services.

## ChildLine

**Telephone:** 0800 1111

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

## Elefriends

**Website:** <http://elefriends.org.uk/>

Elefriends is a supportive online community where you can be yourself.

Elefriends is run by [Mind](#).

If you're a **carer** needing support you can contact all of the above as well as [Carers Direct](#) and the [Carers Trust](#), both of whom are able to provide support and advice on any issues affecting you.

