



Positive Mental Health

At Spring Common Academy, we are committed to promoting positive mental health for every member of our staff and student body, their families and trustees. We pursue this aim using whole school approaches and specialised targeted approaches. We know that everyone experiences life challenges that make us vulnerable, and at times anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.



Over the last year we have piloted a referral scheme in conjunction with the NHS Mental Health Support Team, and we now have a designated team supporting our school. This has enabled us to support our young people and their families to receive advice and help from mental health professionals.

Spring Common Academy has a fully trained Designated Senior Lead – Mental Health and 11 trained Mental Health Champions.

Designated Senior Lead – Mental Health - Sarah Buxton. (Responsible for submitting referrals to NHS MHST mental health professionals).

Please find below some useful websites;

Five Finger Breathing: a simple guided breathing exercise for kids.

<https://www.youtube.com/watch?v=HQVZgpyVQ78>

 **Anna Freud
National Centre for
Children and Families**
<https://www.annafreud.org/parents-and-carers/resources/>



Call - 0333 41410808

help@centre33.org.uk

CARE SEMIN

5% from each garment sold in this collection goes to fund CALM's life-saving suicide prevention helpline.

THE CAMPAIGN AGAINST LIVING MISERABLY is leading a movement against suicide, the single biggest killer of young people in the UK. Topshop has proudly supported CALM since 2011 and now along with Topshop aims to collaborate on a series of initiatives aimed at getting people to open up and talk about their feelings, listen and encourage others to do the same.

!LETWHATSISSIDEOUT

CALM's free, confidential helpline and whatsapp are open 5pm - midnight every day to listen and give practical support to anyone finding things tough.

0800 56 56 56

More information on our Mental Health Policy, schools referral system and how you as parents/carers can meet the NHS Mental Health Support Team coming in September.