

Emotional Wellbeing and Mental Health Pathway

Core Offer:

Shine Curriculum (weekly PSHCE lessons, assemblies)
Opportunities for children to talk to key adults: class teacher, BSAs, SLT
PACE/Emotion Coaching approach to communication
Teaching staff and BSAs to implement



Family Self-Help:

Mindfulness and Wellbeing Activities: Consider diet, exercise, reduced screen time,
"Time in" family activities (non-screen child-led games)
West Sussex Mind and Young Minds websites
Anxiety programmes: "What to do when..." "Starving the Anxiety Gremlin" etc
Teachers to signpost in conjunction with Head teacher and Inco

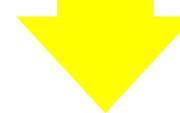


School Nurse referral:

Advice on emotional wellbeing – health focus
Inco to complete referral

Integrated Front Door referral:

Advice on emotional wellbeing – behaviour focus
Parent to make referral unless potential safeguarding issue. Teacher/Inco to signpost



EP/LBAT/ASCT Consultation:

Consultation between Inco/Headteacher and advisory teacher
Accessed via referral forms. Inco to complete

Play/Art Therapy or Counselling:

Your Space Therapies or equivalent qualified professional – Referral by Inco
Accessed at school; funded by school, Young Carers, charitable donation or privately



Single Point of Access Referral:

Referral completed by Inco in order to seek support from outside agencies including: CAMHS, YES, Find it Out, Dialogue etc.

Please note GP referrals will be rejected without all parties evidencing that they have gone through above steps. This is the only route to CAMHS for mental health concerns for schools.