

Tier 0 – Universal Level Support – Pastoral and response to general concerns	Tier 1 – Universal support – Guided / Group intervention including outside local agencies	Tier 2 – Targeted Individual and family support –external services	Tier 3 – Personalised support – professional referral to high level mental health concerns
-Short term distress / upset: -Classroom / Hive/ outside friendship benches -Pupil voice opportunities -Wellbeing Champions -School Council -Use of school values/ assemblies -Lincolnshire Stay Safe Partnership – ongoing rolling programme -Trusted adults identified -Celebration worship -Clear and consistent boundaries (behaviour policy) -PSHE curriculum -Positive reinforcement and praise -Mindfulness activities/ clubs -Adaptations to class lay out -Classroom worry box -Good communication between home and school -Senior Mental Health Lead working with staff, pupils and parents. STAFF -weekly staff meeting agenda -The Lincolnshire County Council, emotional and counselling helpline is also available to employees. Employees can get in touch by email - emp.supportandcounselling@lincolnshire.gov.uk	• ELSA support sessions • Increased and regular communication between family and class teacher / other involved adults • Early Help Assessment • Healthy Minds referral • If the child has a social worker involve them • Specific interventions: -Work on turn taking -Social and friendship skills -Sharing work - Encouraging positive relationships / social skills • Meeting with SENCO • BOSS support	Use of outside agencies such as: Domestic Abuse: • LDAS – Lincolnshire Domestic Abuse Services – https://ldass.org.uk/ • Call 01522 510041 9am – 5pm, Monday – Friday Bereavement and loss support: • Cruse – Bereavement – National • Winston's Wish – Bereavement – National – aimed at children Mental Health Support Teams in Schools - Healthy Minds Lincolnshire Support provided for: Exam stress Worries Interpersonal Skills Low mood Low self-esteem Low body confidence Coping with change Self-harm You can call our Here4You Line on 0800 234 6342 Other available services: • Samaritans – National • Anna Freud – signposting (National) • CAHMS pathways	First Response: Is there a serious concern about the safety of a child or young person? - If you or someone you know requires immediate assistance for serious or life-threatening emergency mental or physical health, please call 999 or go to the emergency department. Crisis Care: - Lincolnshire Here4You advice line on 0800 234 6342 (open 24/7). Suicide Awareness: • SHOUT – Text Shout to 85258 (24/7) • Samaritans – 116 123 • NHS links to support: https://www.nhs.uk/conditions/suicide/ • PAPYRUS Prevention of Young Suicide https://www.papyrus-uk.org/hopelineuk/ 0800 068 41 41 (open 9am – 12 midnight)

A counsellor will arrange to telephone for an initial telephone assessment. If further appointments are required they can be arranged by telephone or video conference. School Advisory Service contact details Counselling - 01773 814402 Wellbeing - 01773 814404		• http://www.changesyp.org.uk/ There is also a digital platform where young people can access counselling and other resources. This can be found at: www.speakupspace.org.uk • NSPCC - https://www.nspcc.org.uk/ • Information for young people about emotional and mental health issues. Web: www.youngminds.org.uk • The Mix offers a free helpline for young people under 25 between 4pm - 11pm. Call 0808 808 4994 or you can email or text the Crisis Messenger service 24/7. • Kooth - https://www.kooth.com/	
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