



Mental Health Support at St Patrick's

If you are worried about the mental health and/or emotional wellbeing your child....

If a parent or carer has concerns about a child's mental health or emotional wellbeing they should act without delay, there are a number of routes that can be taken

If at any point throughout this process a safeguarding concern arises speak to our safeguarding lead: Mrs Jones

You may become aware of warning signs which indicate your child is experiencing mental health or emotional wellbeing issues. Warning signs can be communicated with Class Teacher, SENCO or our mental health ambassador

Possible warning signs include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating / sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide • Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing - e.g. long sleeves in warm weather
- Secretive behaviour
- Wanting to skipping PE
- Lateness to or absence from school
- Repeated physical pain or nausea with no evident cause

Early Support	Additional Support	Targeted Support	Specialist Support
<ul style="list-style-type: none"> • Whole school safer messages • Whole school well-being messages • Whole school Thrive approach • Whole school ROAR approach • Yoga • Gardening • Forest Schools • Massage • Health and fitness • Enrichment activities 	<ul style="list-style-type: none"> • Lego therapy • Thrive focused activities • Equine group work support • Think Yourself Great • CBT class activities • Mental Health Support Team • Family support from school • Relaxation activities 	<ul style="list-style-type: none"> • Thrive one to one • Mentor support • Schools therapist support • Schools Family Support Team • Identity and self-esteem group work • CBT one to one work • Bereavement and loss therapeutic support • Equine Therapy one to one • Mental Health Support Team – targeted support 	<p>Life Story Therapy - schools therapist</p> <p>Play Therapy - schools therapist</p> <p>Therapeutic Family Work -schools therapist</p> <p>Seedlings</p> <p>Other specialist services as appropriate (e.g. CAMHS, NSPCC, Barnardos)</p>

FRESH CAMHS - CRISIS LINE

Outside of office hours you can call the CAMHS Crisis Line on 0151 293 3577 which operates Monday to Friday 8am to 8pm and on weekends and Bank Holidays runs from 10am to 4pm. Please also call this number if you are considering attending A&E (unless you need urgent medical attention). If do not currently have a CAMHS worker, or it is outside of office hours, or if you need urgent medical attention you should attend A&E. When you get to A&E you will be seen by a mental health professional as soon as possible.

Emergency Support

NHS 111
Where trained health professionals can give you health advice and information 24 hours a day.
Telephone 111

The Samaritans Offer a 24 hour confidential helpline. Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do. Telephone 08457 90 90 90 Textphone 08457 90 91 92

GP Out of hours service A GP is available when your local surgery is closed during evenings, weekends and Bank Holidays. If you need urgent healthcare which cannot wait until the next working day, you can access a GP via the GP Out of Hours service. Call your Doctor's surgery on the usual number and you will either be transferred to the Out of Hours