



School Mental Health Support

Introduction

At Platform 1 we understand the importance and need for early intervention of mental health difficulties to ensure that children have the opportunity and ability to reach their full potential as adults. Approximately 75% of our current clients have been referred to us with difficulties that are traced back to early childhood or adolescence, which continue to have a negative impact on their daily lives. We understand that services continue to be stretched by adults who have been unable to access support at the first point of difficulty and at Platform 1 we aim to change this. With this in mind we aim to support young people to overcome their present difficulties to ensure they develop the resilience and coping strategies they will need for the future.

We work with high school and college students through workshops to support their mental health needs. To ensure that the workshop content is relevant to their needs we carry out a survey to give them the opportunity to educate us on their difficulties and ensure they feel heard by asking them what they want us to talk to them about. Once surveys are returned we then develop a bespoke workshop according to their needs and interests in mental health.

For example we recently worked with a year 13 group. These were the results:

- We received 37 surveys, from these
 - 30 confirmed they had mental health difficulties (81%)
 - 7 felt they did not struggle with their mental health (19%)
- 3 of these surveys only replied to the first question of whether or not they had a Mental Health difficulty therefore the following table figures are only taken from 34 surveys. These are the results:

Mental Health Difficulty	Number	Percentage
Depression	22	65%
Anxiety	27	80%



PTSD	6	18%
Eating Disorder **	4	12%
Suicidal/Intrusive thoughts**	4	12%
Bi-Polar	2	6%
** This can also be a symptom of a mental health difficulty		

- Symptoms of mental health difficulties expressed in the surveys include; OCD, panic attacks, lack of motivation, intrusive/suicidal thoughts, stress/overthinking and feeling overwhelmed, social anxiety, self-harm, feeling alone, and difficulties with confidence and self-esteem.
- The students requested the topics they wished to talk about. These included; self-care, coping strategies, how to reach out for help and also support others, how to live day by day with mental health difficulties, how to deal with trauma, how to gain confidence and develop their self-esteem, how to manage self-harm and other negative effects of mental health difficulties including intrusive and suicidal thoughts. * It should be noted that this is not an exhaustive list and many more topics may present themselves on the day as the students begin to feel safe to open up to us and their peers





Key Purpose:

To provide a range of programmes and 1:1 support to improve the mental health of pupils, families and staff

The sessions will be delivered by qualified, experienced and BACP accredited practitioners.

1:1 Counselling

- Pupils identified via small group work or school referral
- Methodologies – include use of play therapy, Person-Centered Approach
- Liaise with social work team and other professionals where appropriate
- Referrals to specialist support if identified



Family Therapy

- **Creating liaison between family members by opening a line of communication with each other.**
- **Identify any difficulties experienced by any individual and support them to recognize any effect this may be having on the family dynamics.**
- **Give all family members the space and time to have a voice within their family.**
- **Support them to create a happy and healthy family environment.**
- **Support them to support each other**

Class based awareness sessions

- **Exploring “What is Mental Health”? Recognizing when your feelings are more than just sadness.**
- **“How to stay happy”**
- **“Who and when to talk to for support”.**

Small pupil group mental health support

- **Referrals by school wellbeing team**
- **If additional support is required refer for 1:1 counselling**
- **Maximum of 6 young people per group.**
- **Range of topics including, anxiety, self-confidence/self-worth, peer relationships, body confidence, effective communication. Further topics may be identified throughout the work with the individual groups.**

Teacher and staff mental health support and counselling

- **1:1 counselling for 6 sessions**
- **Identifying any difficulties**
- **Support to recognize where fears and thoughts originate from**
- **Support to develop coping strategies**
- **Validating their fears or feelings and giving them the opportunity to ‘off-load’ in a safe and confidential setting.**

Staff training – how to support pupils with mental health difficulties

- **Supporting staff with the knowledge of mental health difficulties to help them to recognize any young person who may be struggling.**
- **Supporting staff to develop the confidence to talk with a child who reports that they are struggling.**
- **Giving the staff the knowledge of what to do and who to report to when a child is struggling**
- **Supporting them to liaise with family where necessary.**



Parental Support – supporting parents to talk openly with their children

- **Helping parents to understand the difficulties faced by young people in today's society**
- **Allowing parents to discuss any concerns they have**