



Thank you for getting in touch regarding your child's mental health and wellbeing; it is very important that we are aware of issues that they, and you, may be facing so that we can work together, to do what we can, in order to alleviate concerns and prevent issues from escalating. Your first point of contact at Clover Hill is your child's teacher; they know them best in school and are in the strongest position to implement support, monitor response and, where necessary, consult with our SENDCo about further measures that can be taken.

Support in School

At Clover Hill, we are a small and very experienced team which works closely together to ensure that important information is shared and that our children are well supported. This is achieved through our model of 'High Quality Teaching' which provides invisible support to children throughout their school day to help feelings of anxiety from developing. The methodology of High Quality Teaching is delivered in all classes at Clover Hill and helps to ensure that children's mental health and wellbeing is supported and promoted. However, in some cases, children can—from time to time—require more support than is available from this universal provision and you notifying us of this can help us to put further measures in place. Your child's class teacher can work with you to establish the most appropriate support for your child but this could include some of the following:

A position of responsibility in school to build self-esteem and provide a positive focus for thoughts and attention.

Individual workstations to support concentration and limit distractions

Opportunities in the school day to share feelings with a trusted member of staff as they arise to prevent them from building up as in the 'coke-bottle effect'

A quiet space outside of the classroom to 'decompress' at the start of the school day and be allowed a more gradual start to activities

A system that allows children to communicate (non-verbally, if necessary) that they are feeling overwhelmed and feel they would benefit from some time out of the classroom to self-regulate

External Support

In cases where the measures above have been implemented and concerns remain, there are two ways in which further support can be sought:

Children experience difficulties with their mental health in school	Children experience difficulties with their mental health at home
<p>In consultation with parents and the SENDCo, children will be added to our Special Needs Register and given targeted support through a cycle of Assess, Plan, Do, Review.</p> <p>If further support is deemed necessary, a referral may be made for specialist advice from Gateshead Authority or the Children and Young People's Service.</p>	<p>In some cases, we can give a child a One Page Profile which details the ways in which High Quality Teaching supports them and any adaptations that are in place.</p> <p>Parents are encouraged to keep school informed of mental health difficulties through their Class Teacher and pursue support from external services:</p> <ul style="list-style-type: none">• GP• Emotional Wellbeing Team (0191 2834560)• Children and Young People's Service tel:0191246 6913 <p>The Local Authority have compiled useful contacts which could serve as a starting point for parents seeking help; this can be found on the following page.</p> <p>Also, a number of websites, offering further support, have been recommended to us by Gateshead's Inclusion Team. These are on the back page of this booklet.</p>

Service	Description	How to get in touch
Signpost NENC	A collection of mental health and well-being resources in the Northeast and North Cumbria	www.signpostnenc.co.uk
Community Counselling Cooperative	Counselling service for adults and children living in Tyne and Wear	Simon 0754 9698050 Rhonda 0754 9698049 http://communitycounsellingcooperative.co.uk/ Email communitycounsellingcoop@gmail.com
Every Mind Matters	Information and advice online. Links to other services	www.nhs.uk/every-mind-matters
Mood Zone	NHS based information and how to access support	https://www.nhs.uk/mental-health/
Emotional Wellbeing Team	A team of health professionals who work with children and young people aged between 4 and 18 years old experiencing difficulties, which may include: <ul style="list-style-type: none"> • Behavioural difficulties including low mood, anxiety and depression • Bereavement and loss • Bullying • Eating distress • Relationship difficulties 	0191 2834560 https://www.gatesheadtalkingtherapies.nhs.uk/gateshead-emotional-wellbeing-team/

Recommended Digital Resources for Children

APPS

<p>SAM Self help for anxiety management Phone app</p> 	<p style="text-align: center;">For all ages.</p> <p>Designed to help people manage and record their anxiety. Users can record their anxiety levels and identify different triggers.</p> <p>The app includes 25 self-help options to help users cope with the physical and mental symptoms of anxiety.</p>
<p>Virtual Hope Phone app iTunes and Google Play</p> 	<p>The Virtual Hope Box (VHB) is designed as an accessory for treatment. Contains simple tools to help patients with coping, relaxation, distraction and positive thinking.</p> <p>Users can choose from different activities – distract me, inspire me, relax me and coping tools.</p>
<p>Smiling Minds Phone app iTunes and Google Play</p> 	<p style="text-align: center;">For all ages (from 7 years+)</p> <p>Guided meditations, bite size options, categorised in age groups. Helps with thoughts and feelings and to self check on mood.</p>
<p>Mindfulness Daily Phone app iTunes and Google Play</p> 	<p>For relaxation, stress management, support for depression and anxiety.</p> <p>*great feedback from a young person who used it for anxiety and panic attacks</p>
<p>WellMind Phone app iTunes & Google Play</p> 	<p style="text-align: center;">For All ages</p> <p>Designed to help cope with stress, anxiety and depression. Includes a device, tips and tools to improve mental health and boost well-being.</p>
<p>Breathe2Relax Phone app iTunes & Google Play</p> 	<p>Breathe2Relax is a hands-on diaphragmatic breathing exercise tool.</p>

Websites:

ReachOut Australia - Not a UK website but a great resource



Young Minds - A great resource covering most mental health issues



WatchWellCast - YouTube videos. An excellent resource. Short videos developed in a way that are accessible to young people

