

Mental Health & Wellbeing

Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organization)

In our school our Christian vision shapes all we do. The Trinity community will live “life in all its fullness” by: Establishing a unique and personalised learning journey through Trinity and beyond Continuing to nurture our warm and caring family environment to support all to flourish Inspiring all to achieve and celebrate ongoing and future successes.

In addition we aim to promote positive mental health for every member of our staff and pupil body. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable pupils.

In addition to promoting positive mental health and wellbeing, we aim to recognise and respond to need as it arises. By developing and implementing practical, relevant and effective mental health and wellbeing policies and procedures we can promote a safe and stable environment for pupils affected both directly, and indirectly by mental health and wellbeing issues.



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www.trinitylewisham.org



Mental Health & Wellbeing at Trinity

We take mental health and mental health issues seriously at Trinity. We continuously endeavour to ensure that both staff, pupils and their families have access to the help and support they need.

We now have a number of staff members who are trained as mental health first aiders, along with a trained counsellor who uses an integrative approach.

Drop in counselling sessions are on offer to all students at lunch times throughout the week and this has now increased to morning sessions as well.

Trinity has also invested in Drama therapy, where sessions are held with groups and individuals on a weekly basis.

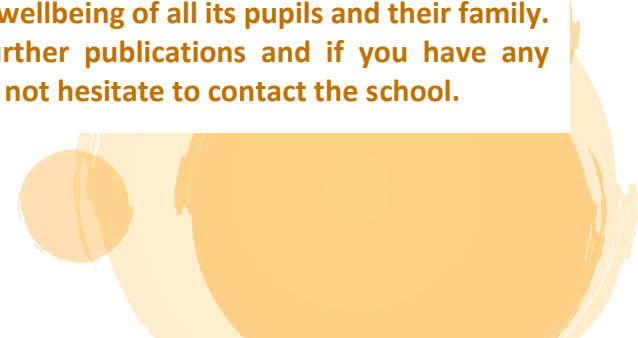
Throughout the year mental health has been the topic of the Trinity voice team, as well as being addressed in whole school worships, personal development days and through guest speakers. We are also signed up to an Education for Wellbeing Programme entitled the Aware Project that will enable our year 9 pupils to take part in evaluations and lessons designed to support their mental health and well-being.

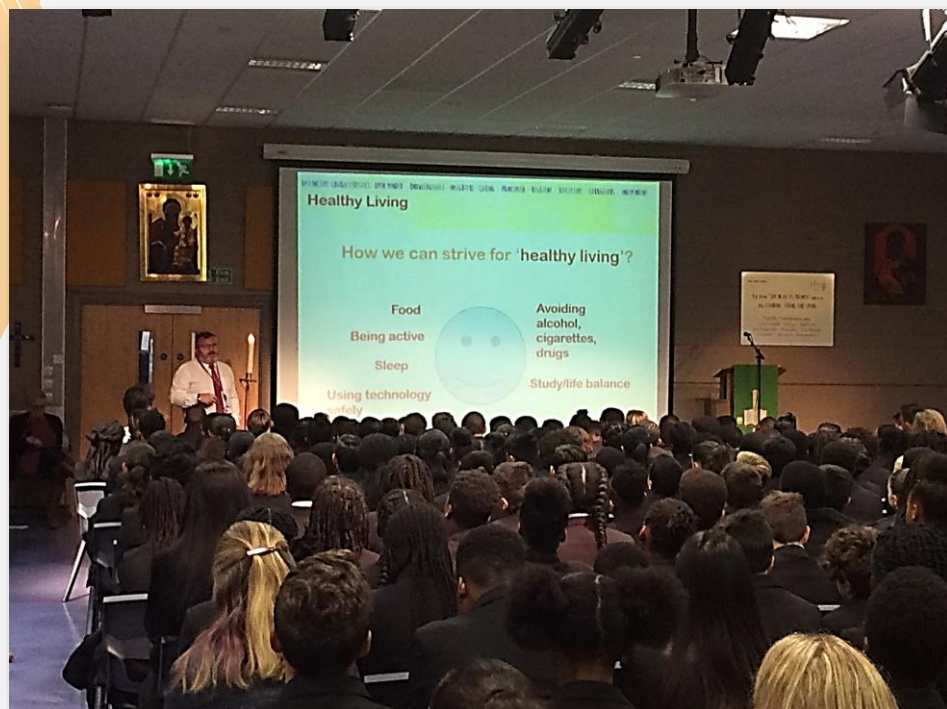
Trinity works closely with outside agencies including CAMHS and Lewisham's Early Help team.

This great work will continue and even more time has been dedicated to the health of Trinitarians in the form of PSHE lessons and extra drop in counselling sessions.

At Trinity we acknowledge that self-care is important and the intention is that its community get the most from life in all its fullness. In the following weeks a blog will cover various topics concerning mental and emotional wellbeing, as well as publishing several practical ways of how to look after our mental health. Look out for more information on the up and coming AWARE Project.

It is Trinity's aim to support the wellbeing of all its pupils and their family. Please keep an eye out for further publications and if you have any questions or concerns please do not hesitate to contact the school.







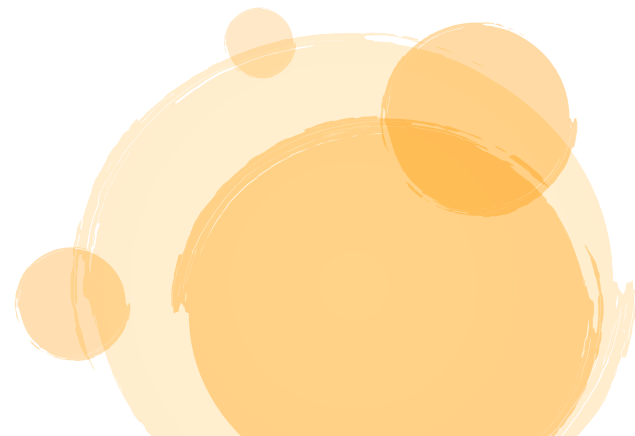
Trinity

Supporting Wellbeing

Professional help for children, young people & families



GP
MENTAL HEALTH ORGANISATIONS
SCHOOL NURSE
SCHOOL COUNSELLOR
MENTORS
MENTAL HEALTH FRIST AIDERS
SOCIAL WORKERS





Trinity School

Mental Health Support

Services for children & young people

School-based mental health support

[Place2Be](#) provides school-based mental health support (including one-to-one counselling, group sessions and drop-ins) and expert training to improve the emotional wellbeing of pupils, families, teachers and school staff.

Lewisham Child and Adolescent Mental Health Services (CAMHS)

[CAMHS](#) is a specialised multi-disciplinary service. It provides mental health interventions for children and young people aged up to 18 (or 21 if the child is leaving care) who have more complex or persistent mental health disorders.

If you have concerns about your child's mental health, speak to your child's GP or school, who will make a referral to CAMHS, if appropriate.

Young people's health and wellbeing service

If you are worried about a young person's health, resilience or emotional wellbeing and they are aged 10–19 (or up to 25 if they have additional needs) you can contact the young people's health and wellbeing service at [Compass Lewisham](#).

Free online counselling

[Kooth is a free and anonymous online mental health service](#) for children and young people where they can speak to a counsellor for advice and support.

Services for parents

[Get information and advice if you feel low during or after pregnancy.](#)

Lewisham Mindful Mums

[Lewisham Mindful Mums](#) groups help pregnant women and new mums learn how to stay emotionally well, develop confidence and social connections during pregnancy and in the first year after birth.

Trained volunteers lead the groups, which are free to attend and take place at children and family centres across the borough.

[Kaleidoscope](#) provides services for children and young people aged between 0 and 18. It brings together specialist community services for health, disability, mental health, education and social care. [Kaleidoscope](#) Kaleidoscope Child Development Centre, 32 Rushey Green, London, SE6 4JF
Tel: [020 7138 1100](tel:02071381100)

**Trinity Lewisham
Church of England School**



**Counselling & Therapy Information for
students & parent/carers**

What does the Counsellor do?

Careful listening is the largest part of what all counsellors do.

They make sure clients have defined the problem areas in their own terms and help them define what they wish to do next.

Some will then be more active, offering suggestions for further ways of investigating or beginning to resolve the problems; others are less interventive and let the work proceed more at the client's pace.

What kinds of problems can I talk to a counsellor about?

There are no hard and fast rules. If something is troubling you it can be worth spending some time thinking about why this may be happening. There are however a number of issues that frequently come up, for example:

- Relationship difficulties. Family and friends, colleagues, commitment, jealousy, abuse
- Family issues. Partners, children, parenting, separation and divorce, homesickness
- Lack of confidence. Worried about failing, never being good enough, feeling judged
- Depression. Feeling isolated, lonely, empty, tearful, unloved, suicidal.
- Repeated destructive behaviour. Binge eating, harming yourself, abusive relationships, alcohol, drugs
- Exam and study stress. Out of control, panic attacks, feelings of inadequacy
- Bereavement. Loss, anger, loneliness, sadness & depression

The counsellor can also direct you to other services that may be useful to you.

What do I say?

It doesn't really matter how you present your problem.

You can say whatever you like.

Sometimes there is silence; sometimes you might find yourself saying things you had not expected to say.

The counsellor will help you explore the matter and will keep referring to you to clarify his/her understanding.

The sessions are long enough for you to return to the different areas until you are happy that you have expressed what you are really feeling.



Will the counsellor give me advice?

Counsellors don't ever give advice of the "I'd leave university if I was you" variety since the purpose of counselling is to help you make your own decision.

They will never make a moral decision about the course of action you ought to take.

They may sum up what they understand you have been saying so far in order to help you move on and form a plan of action.

They can offer pointers to how others have successfully dealt with common problems and may also make suggestions of the "have you thought of the following" variety.

These suggestions will be drawn from their training in what is helpful and their experience of what has helped others and of course can be rejected if you feel they are unhelpful.

What will the counsellor think of me - will they think badly of me for getting into a mess?

Many of our problems arise just because we are human.

We all make mistakes and have to learn from them, and it is normal to need several goes before we get something right.

No. Counselling is based in the belief that most people naturally strive to make the best use of themselves.

When something goes wrong, it is usually because we are pushing ourselves too hard; because we are in a muddle for reasons we don't fully understand or because we are actually suffering some form of mental distress which is distorting our view of reality.

Therefore judging clients is not helpful or relevant; they need to be supported in finding their own way out of the problem.

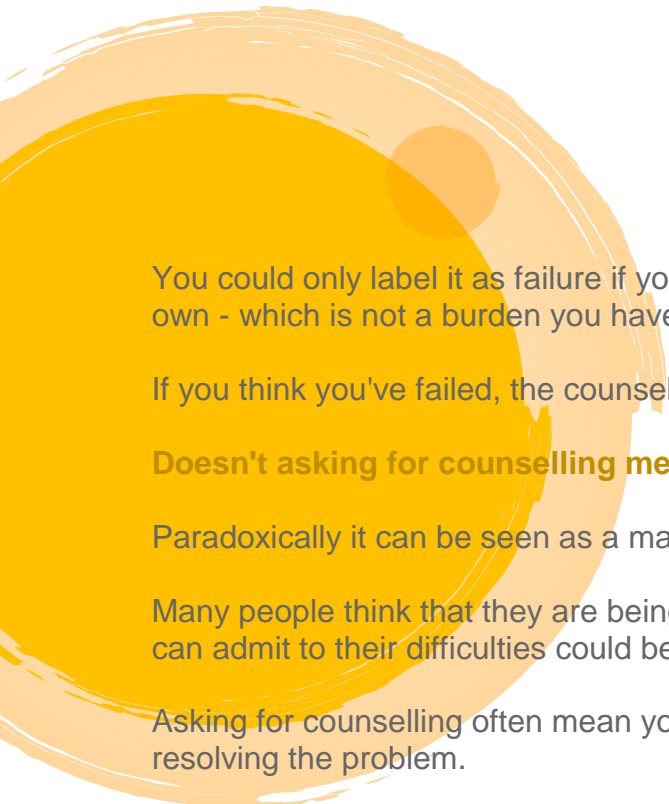
How can it be right to be in need of help?

Many of our problems arise just because we are human.

We all make mistakes and have to learn from them, and it is normal to need several goes before we get something right.

Needing help is a normal part of this process.





You could only label it as failure if you had already decided you must succeed entirely on our own - which is not a burden you have to impose on yourself.

If you think you've failed, the counsellor might help you see that this is not all there is to it.

Doesn't asking for counselling mean admitting failure?

Paradoxically it can be seen as a matter of strength to ask for counselling.

Many people think that they are being strong in not seeking help whereas in fact those who can admit to their difficulties could be considered the strong ones.

Asking for counselling often mean you have taken the first difficult step on the road to resolving the problem.

What if I still feel ashamed of my problems?

Counsellors do accept that it is natural to want to appear successful and that most of us feel some shame when we have problems and so don't want to advertise our difficulties.

This is one of the reasons we place a great emphasis on confidentiality.

How confidential is counselling?

Counsellors work to a strict Code of Ethics which means they must inform you of the limits of confidentiality and then stick to these rules.

What are the limits of confidentiality?

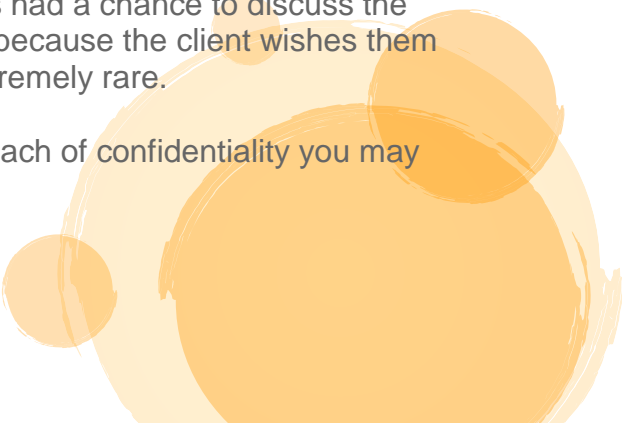
This varies from service to service but normally everything you say is kept confidential to the counselling service unless there is clear evidence someone may be at a severe risk.

Should I be worried about the limits of confidentiality?

Generally clients of counselling services find the level of confidentiality more than adequate.

Often the worry about disclosure lessens when the client has had a chance to discuss the problem. When the counsellor speaks to others, it is usually because the client wishes them to know; disclosures made against the clients wishes are extremely rare.

However, if you are worried about the implications of any breach of confidentiality you may wish to:



- Speak to a counsellor in general terms first in order to see how their Code of Ethics may apply to your particular situation.
- Get yourself anonymous help through a telephone line. There are some links on other parts of this site. Otherwise the Samaritans (0345 909090) can be a very good starting point for the number of other help-lines.

Where can I get further information?

You can consult the [British Association for Counselling](#) web site for a detailed document on counselling ethics.

Does it work for everybody?

No, but it seems to offer at least some help to the majority so is worth a try.

Your counsellor will check out with you to see if talking is helpful - and if not will help you look for something else.

What if I definitely want a male or female counsellor?

Many services will be able to accommodate this preference. Ask when you make first contact.

Will the counsellor have experienced problems like mine?

Very possibly.

Having problems is part of being human. Many counsellors come into the work because of their experience of successfully resolving personal problems through therapy.

All will have had their own experience of being a client.

Therefore although the counsellor may not have experienced the particular problem which you bring, they will all have had experience of being in distress and of seeking counselling help from another.

Wouldn't I be better to try and sort it out for myself?

Of course there are ways you can help yourself apart from counselling - counselling is just one of the answers.

Many problems can be sorted for yourself - however it doesn't need to be an either/or situation.

Counselling is a resource for when you need extra help.

What about talking to my friends?

Many of the reasons that make counselling effective also apply to talking with friends. Therefore a talk with a friend may well be helpful and counsellors often encourage clients to use their social support network. However there are some drawback to using friends as your only confidants and support.

- Friends might feel a conflict of loyalty and find it hard to keep things confidential
 - Friends might become upset themselves by what you are telling them
 - Friends might be put out if you don't accept their advice
 - If you need lots of help friends might begin to feel resentful and you might feel guilty
- Counsellors have had training and have formal support and a work structure which helps them to deal with upsetting and difficult situations; friends may begin to feel overburdened, especially if they have their own problems too.
- Finally, sometimes we need slightly more specialist help than friends can provide.

Does seeing a counsellor mean I am ill?

No, seeing a counsellor doesn't mean you are ill.

However, where there are some symptoms of an illness - depression, anxiety etc. - counselling can be helpful.

Counsellors will not treat you as a sick person, but rather as someone going through a bad time.

Is counselling like psychiatry?

Counselling bears little relation to psychiatry except that both deal with emotional and mental processes.

Psychiatrist are trained doctors, who work largely through diagnosis of illness and then by prescribing a treatment - usually involving medication.

Counsellors are normally non-medical personnel who work by talking and encouraging you to find your own solutions.

Counsellors can however recognize the symptoms of severe mental distress, and may suggest you consider medical help if this is appropriate.

Trinity

Counselling Referral process



Student self-referral	Staff referral	Parent/Carer referral	Counsellor referral
<p>A student can make a self-referral to a</p> <ul style="list-style-type: none"> • Teacher • Mental Health first Aider • Member of the support staff 	<p>All teaching and non-teaching staff will contact the relevant link person with their concerns.</p> <ul style="list-style-type: none"> • YPL • Deputy YPL • Head of interventions • School counsellor 	<p>All parents/Carers can request support for their child via:</p> <ul style="list-style-type: none"> • The family group leader • YPL • Deputy YPL 	<p>The school counsellor may in some cases deem that the service is not suitable for the student. In cases like this the counsellor seeks to sign post students to the appropriate services.</p>

Consent	Parental consent is required for all students under the age of 16.
Support in and out of school	If a student is receiving support outside of school, school counselling would not be offered due to potential conflicts of interests. However no child is turned away when in need. One off sessions that do not interfere with outside interventions can take place to help the individual overcome a crisis.



Trinity

Counselling Referral process

Evaluation and prioritising Waiting list

Students who are referred to counselling are immediately put on the waiting list and at the earliest convenience given an assessment. If the student is a suitable candidate for counselling they will be offered a date and time of when counselling will begin along with an initial 6 weeks block of sessions including a review, which will evaluate how the counselling process is going and whether or not sessions continue, are reduced or stop.

Counselling sessions are not compulsory. Individuals have the opportunity of ending the intervention at any time.

In addition, successful candidates are generally seen on a weekly basis. However this may vary to once every two weeks, once a month or when needed (drop in sessions) depending on the need of the individual. Sessions are not planned for the same time each week. The counsellor will endeavor to alternate timings to cause less disruption to lessons and learning.

How are you ?

sad? stressed? anxious?
worried? hopeless? angry?
tearful? overwhelmed?
want help?

Your Mental Health First Aiders are



MR Gallears
Lead on Mental
Health



MS Lewis



MS Simpson



MS Noel



MS Dillon

There are plenty of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health First Aid at please contact

Training provided by



MHFA England
mhfaengland.org



**Drop
In**

**Safe
&
Confidential**

Problems
Insecurity
Relationships
Depression
Stress
Parent Pressure
Body Image
Bullying
Abuse
Confusion
Peer Pressure
Loneliness
Guilt

**3rd Floor
Intervention Room
100 - 105
Tuesdays
Thursdays & Fridays**

Collect a Lunch
Time Pass from
Miss Lewis or
Pupil Reception

Morning sessions are now available.
Ask Miss Lewis for more information.



Notices

Mental Health & Wellbeing



World

Mental Health Day

October 10 2019

