

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.

Learning - Loving - Living

Living life in all its fullness



Trinity Secondary
Taunton Road,
London
SE12 8PD



0208 852 3191



admin@trinity.lewisham.sch.uk



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.

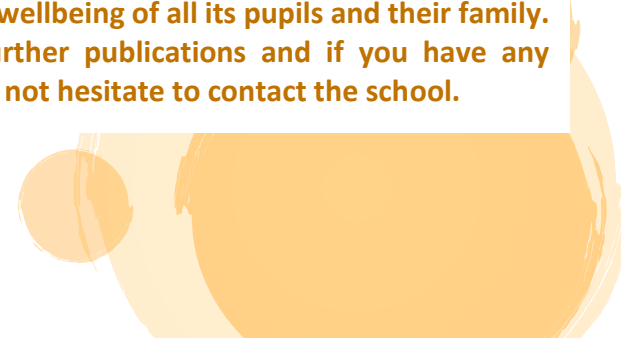
This great work will continue and even more time has been dedicated to the health of Trinitarians in the form of PSHE lessons and extra drop in counselling sessions.

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.

Learning - Loving - Living

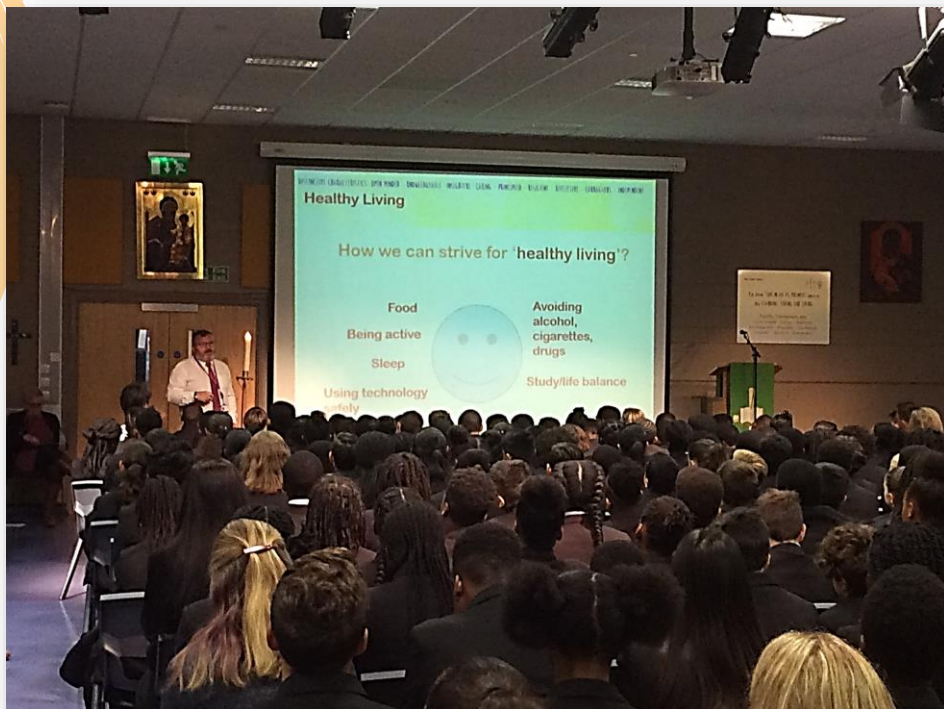
Living life in all its fullness





Learning - Loving - Living

Living life in all its fullness





Trinity

Supporting Wellbeing

Professional help for children, young people & families

Learning - Loving - Living

Living life in all its fullness

GP
MENTAL HEALTH ORGANISATIONS
SCHOOL NURSE
SCHOOL COUNSELLOR
MENTORS
MENTAL HEALTH FRIST AIDERS
SOCIAL WORKERS
POLICE – URGENT SUPPORT
NHS HOSPITAL – EMERGENCY CARE





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 School

Mental Health Support

Child and adolescent mental health services information for parents and carers

Learning - Loving - Living

Living life in all its fullness



When to seek professional help

There's a difference between feeling a bit low from time to time and a serious emotional health problem.

If your child is feeling unhappy and low for a prolonged period of time, it's time to seek more professional help.

Any professional working with children and young people should know what to do.

For example, if you approach a teacher for help with bullying, the teacher might deal with the problem with the help of a school counsellor or welfare worker.

If the problem is more complex, the professional you initially approached may suggest getting help from colleagues with more specialist training.

A GP might refer a parent of a child with behaviour problems to a local parenting programme, or a young person who's depressed might be referred to specialist child and adolescent mental health services.

You should contact your local support services immediately if you're aware of a child or young person at serious risk of harm.

Trinity School

Mental Health Support

Child and adolescent mental health services information for parents and carers

If you're worried about a child or need advice and support for coping with anything affecting your child's emotional or mental health, there are different ways to seek help.

Find advice and support on the NHS website

You can [look up services that provide mental health support for young people](#) on the NHS website.

For more general advice, see our [mental health hub](#), which includes advice about:

- [talking to children about feelings](#)
- [spotting signs of depression in children and teenagers](#)

Other sources of support

Lots of general advice and support can also be found online.

YoungMinds

[YoungMinds](#) offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25.

- call the free parents' helpline on 0808 802 5544 from 9.30am to 4pm, Monday to Friday
- email parents@youngminds.org.uk and YoungMinds will respond to your query within 3 working days

The charity also has [information for parents and carers about mental health](#).

MindEd

[MindEd](#) is an online e-portal offering free, simple advice to help adults identify,

Learning - Loving - Living

Living life in all its fullness

Mental health services

- [How to access mental health services](#)
- [Dealing with a mental health crisis or emergency](#)
- [Mental health assessments](#)
- [Mental Health Act](#)
- [Child and adolescent mental health services \(CAMHS\)](#)
- [CAMHS information for children and young people](#)
- [Child and adolescent mental health services information for parents and carers](#)
- [Mental Health Act: your rights \(easy read\)](#)

NHS
England