**Mental Health and Well-being Statement**

*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 his/her community*. (World Health Organisation)

At Netherthorpe School, we aim to promote positive mental health for every member of staff and every student. We pursue this aim using whole school approaches and targeted special approaches aimed at individuals.

In addition to promoting positive mental health, we aim to recognise and respond to mental ill health. **In an average classroom, three children will be suffering from a diagnosable mental health issue.** By developing and implementing practical, relevant and effective mental health practices and procedures we can promote a safe and stable environment for those students affected directly and indirectly by mental ill health.

**Aims:**

* Promote positive mental health in all staff and students
* Increase understanding and awareness of common mental health issues
* Alert staff to early warning signs of mental ill health
* Provide support to staff working with young people with mental health issues
* Provide support to students suffering mental ill health and their peers and parents/carers.

**Promoting:**

* Having a whole-school approach to promoting positive mental health and well-being within an ethos of high expectations and constant support
* The skills, knowledge and understanding needed by our students to keep themselves and others physically and mentally healthy are included as part of our developmental PSHE curriculum.
* Having a committed staff community that sets a whole school culture of positive mental health and well-being (leading by example)
* Having a robust regime of continuing professional development (CPD) for staff
* Having Mental Health First Aiders and a sound pastoral team
* Working closely with students and parent/carers

**Supporting:**

We will ensure that staff, students and parents are aware of sources of support within the school and in the local community. What support is available within our school and local community, who it is aimed at and how to access it is shared and also stored on our network.

We will display relevant sources of support in communal areas such as common rooms and toilets and will regularly highlight sources of support. We will increase the chance of student help-seeking by ensuring students understand:

* Form Tutors and HoS are well-placed to spot changes in behaviour that might indicate a problem and offer support and guidance.
* The pastoral team lead and support positive mental health and well-being across school
* The 2 Mental Health First Aiders are always available to offer support and advice
* Constructive links with outside support and specialist agencies (e.g. school nurse, CAMHS) to provide interventions for those with mental health problems