



Sidmouth College



**Support for students with
Social, Emotional and Mental
Health difficulties**



The importance of good mental health

Latest NHS, mental health of Children and Young People in England 2017 Summary of Key Findings

One in Eight (12.8%) of 5 to 19 years olds had at least one mental disorder when assessed in 2017.

One in twenty (5.0%) 5 to 19 years olds met the criteria for two or more individual mental disorders at the time of the interview.

Supporting good mental health at Sidmouth College

We recognise some of our young people may experience social, emotional or mental health difficulties. This can include disruptive behaviours, as well as becoming withdrawn or isolated.

Symptoms may include: anxiety, depression, self harming behaviours, substance misuse, eating disorders or physical symptoms that are medically unexplained, becoming withdrawn or isolated, poor social skills and behaviour problems.

Some young people may be diagnosed with social, emotional or behavioural conditions.

Sidmouth College follows Department for Education Advice (3/15) which advises:

- ◆ Families & young people are involved in decisions
- ◆ Other agencies are consulted and engaged
- ◆ Counselling services are considered
- ◆ Families & young people seek advice from National Organisations offering help and advice.

Our PSME programme and our Impact Days at Sidmouth College aim to promote good mental health for all of our students and cover a wide range of topics.

The Team at Sidmouth College

- ◆ Pastoral Team—Head of House, Tutors
- ◆ Special Educational Needs Director (SEND)
- ◆ Student Support Staff
- ◆ Inclusion Manager
- ◆ Behaviour Support
- ◆ Student Support
- ◆ Learning Mentors
- ◆ Parent Support Advisor

All of these staff work closely together, with students and families, and with outside agencies to ensure that students are identified and supported.

We also employ a fully qualified and supervised School Counsellor on three days a week. Please contact Inclusion Manager for more information. 01395 514823 ext 260

Our School nurse provides a ‘drop in’ clinic every fortnight for students at the College.

Attendance—if there is anything causing your child to miss school, please contact us so that we can support you and your child and resolve any issues. Poor attendance negatively affects achievement and social interaction.

Our staff can offer help and support with:

- School survival skills
- Resilience
- Anxiety management
- Anger management
- Friendship issues
- Social skills



Sidmouth College

Contacts and sources of information

School contact: Mrs C Clark, Inclusion Manager, 01395 514823 ext 260

Mrs C Beer, SEND 01395 514823 ext 242

For more help see below:

Local GP

School Nurses - 0333 234 1903

Child & Adolescent Mental Health Services (CAMHS) - 01392 208600

Head Light—Action East Devon—07741646426— non clinical space for young people who are experiencing emotional and mental health issues and their families

Sidmouth Wellbeing Practitioner Young Devon - 01752 691511

EH4MH Early Help 4 Mental Health Devon— online support and counselling, <https://www.kooth.com/>

Young Devon Face to Face support visit www.youngdevon.org.

LGBT Lesbian Gay Bisexual Trans and Non-Binary , community help, information and support in the South West. Helpline 0800 612 3010

Childline—free 24 hour counselling for children and young people up to 19th birthday. 0800 1111

Beat—helplines, self help and online support to anyone affected by eating disorders 0808 801 0677, Youthline 0808 801 0711, student line 0808 801 0811

Young Minds www.youngminds.org.uk

Parents helpline 0808 802 5544

Anxiety UK - Parents helpline 08444 775 774

Urgent help - Text YM to 85258

Mental Health Foundation www.mentalhealth.org.uk

Helpline: 020 7803 1101