

# Castlehead High School

## Guide to our Mental Health Policy



### POLICY STATEMENT



We want to promote positive mental health and wellbeing for every member of our school community through nurturing relationships and the promotion of a positive school ethos. We will pursue this aim using both universal, whole establishment and specialised targeted approaches aimed at supporting vulnerable young people.

We aim to recognise and respond to mental ill health, so our policies and procedures will promote a safe and stable environment for our young people affected both directly, and indirectly, by mental ill health. This policy is linked to the United Nations Convention on the Rights of the Child articles 3, 12, 13, 17, 24 and 29.



SCAN TO READ THE POLICY



### universal support

- We will promote nurturing relationships and health and wellbeing as the responsibility of all within our school
- We will ensure that our young people learn how to look after their mental health and wellbeing, developing resilience in our establishment/community
- We will ensure that our young people can recognise mental health conditions and seek support
- We will ensure our young people know where to go if they require more targeted support
- We will use the Glasgow Motivation and Wellbeing Profiling Tool to track wellbeing information and use as a basis for discussion with a key adult in PSE



### What to look out for

- Evident changes in behaviour
- Expressing feelings of failure or loss of hope
- Physical signs of harm that are repeated or appear non-accidental
- Changes in clothing – e.g. long sleeves
- Changes in eating / sleeping habits
- Secretive behaviour
- Skipping PE or getting changed secretly
- An increase in lateness to or absence from school
- Reduced concentration
- Repeated physical pain or nausea with no evident cause
- Discontinued hobbies or interests
- Failure to take care of personal appearance



### targeted support

**IF YOU ARE WORRIED ABOUT YOURSELF OR SOMEONE YOU KNOW, SPEAK TO YOUR PUPIL SUPPORT TEACHER WHO CAN ADVISE YOU OR REFER YOU TO SOMEONE WHO CAN HELP.**

**THERE ARE LOTS OF WAYS WE CAN HELP YOU, SO JUST ASK. YOU ARE NOT ALONE.**

### WHO CAN HELP?

MS WILSON  
MS MCFARLANE  
MS DUGGAN  
MRS STEWART  
MS CAMPBELL  
MS GRIBBEN

### SUPPORT AND INFORMATION

If you need support with your mental health, please ask for help. Speak to your Pupil Support teacher or scan the QR code for help and advice.

