

Additional pupil support

(contact class teacher or Issy Jerrard, Wellbeing Lead)

- Youth Mental health First Aiders
(All key stages)
- Mental Health Support Team
(Solar low-level anxiety support–
referral through GP or school)
- Lego therapy (y6 upwards group social
skills, Barbara Chambers referral through
school)
- Music therapy (Leanne O’Keefe
-referral by teacher)
- Play therapy (Helen Halstead, Helen Salt-
referral by teacher)
- Individualised Wellbeing support (Issy
Jerrard, Cheryl Lloyd)
- Bereavement support: Child & family
Support (Sam Pitt)
- KS3/4 learning mentor (Barbara Cham-
bers-referral through school)

Family support

(Please contact if we can help)

- CFSW: Sam Pitt
- Safeguarding: (Lyndsay Powers, Amanda
Mordey, Sam Pitt, Jez Curzon)
- Adult Mental health First Aiders
(Issy Jerrard, Rebecca Adkins
Amanda Mordey)



Self care ideas:

<https://www.annafreud.org/on-my-mind/self-care/>

Useful Apps:



Chill Panda



Smiling Mind



Catch It – Make sense of moods



Insight Timer – Meditation App



Calm – Meditation and Sleep



Clear Fear



Self-help for Anxiety Management



Three Good Things – A Happiness Journal

Forest Oak School

01217170088

<https://www.forest-oak.solihull.sch.uk/topic/smile>



Mental health & wellbeing support, services & contacts for pupils & families

**Give me 5 to
make me SMILE!**



Socialise & connect with others

Move & get active

Interest... notice things

Learn & keep learning

Engage in something big & give to others

"Remember no one can give wellbeing to you. It's you who has to take action," Professor Sarah Stewart-Brown, University of Warwick.

SMILE aim

“To empower our school communities (staff and students) to become ‘architects of their own emotional health and well-being’ within an enabling environment.”

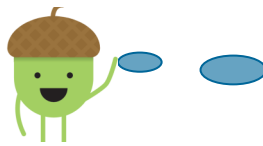


Support in classes for all pupils:

- Daily Check ins
- Daily mindfulness sessions
- Daily ‘move’ sessions
- Weekly PSHE lessons
- Weekly SMILE time
- SMILE happiness box
- Restorative thinking

Targeted Individual Support in classes :

- Individual Check ins
- Restorative practice circles
- Coping scales
- Small group support for range of well-being needs (LSAs)
- Risk reduction plan (led by teacher/ Lyndsay Powers: behaviour lead)



Other contacts

Parenting Programmes

Solar co-ordinates a range of parenting workshops across Solihull. For more information contact the Parenting Team: 0121 301 2773 or bsmhft.parenting@nhs.net

Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.

Kooth

Free, safe and anonymous online support for young people www.kooth.com Live online support available: Monday to Friday: from 12pm to 10pm. Saturday and Sunday: from 6pm to 10pm.

Time to Change

Vital information for children and young people to get them talking about mental health, and support for friends, family and colleagues. www.time-to-change.org.uk

Childline

A free and confidential helpline for children and young people, 24 hours a day Tel: 0800 1111 www.childline.org.uk

Samaritans

A confidential and emotional support service, open 24 hours a day, 365 days a year. Tel: 116 123 Email: jo@samaritans.org www.samaritans.org

Young Minds

for children and young people Information about mental health and emotional wellbeing. www.youngminds.org.uk
Young Minds – parent helpline Free and confidential sup-



Solar Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's and Autism West Midlands work together to provide emotional wellbeing and mental health services for children and young people in Solihull. Provide multi-disciplinary assessment and treatment of children and young people with mental health or severe emotional and behavioural difficulties. The service currently accepts children and young people, until their 19th birthday, or have a Solihull GP.

Useful links on their website:

[Tour of Bishop Wilson Clinic](#) [our of Freshfields Clinic](#)

[Helping your child with anger](#) [Helping your child with anxiety](#)

[Understanding lifestyle and mental health](#)

For routine support please complete [referral form](#), if you wish to discuss this referral please call during office hours on **0121 301 2750**

Crisis – If your mental or emotional health gets worse quickly, you may be in need of immediate help, in order to keep you, and others, safe from harm, contact the Solar crisis service, which can be contacted by telephone on 0121 301 2750 (Monday to Friday, 9am to 5pm), direct access to a clinician, who will assess whether you need to be seen by our crisis team. We will advise you what to do next.

Out-of-hours, the crisis team are available (weekdays 5pm to 8pm, weekends 8am to 8pm) on 0121 301 5500 – please ask to speak to the Solar crisis team.

If you, or someone you know, are in immediate danger of serious harm (for example, if someone has taken an overdose), call 999 or go directly to nearest A&E

If you're over the age of 16 and need support with anxiety, stress, depression or low mood, you can self-refer to [Solihull Healthy Minds](#) if you live in Solihull, or [Birmingham Healthy Minds](#) if you live in Birmingham.