



WESTLANDS SCHOOL

Mental Health Policy

Equalities Statement

In our Trust we work to ensure that there is equality of opportunity for all members of our community who hold a range of protected characteristics as defined by the Equality Act 2010, as well as having regard to other factors which have the potential to cause inequality, such as socio-economic factors. For further information, please see our Equalities Policy.

Document Management

Date Approved: June 2026

Next Review Date: June 2027

Approved by: Governing Body

Responsible for review: Mrs A Giles, Designated Safeguarding Lead /
Senior Mental Health Lead



1. Vision

At Westlands School, we are committed to supporting the mental health and wellbeing of our students and staff. Our culture is supportive, caring and respectful. We encourage students to be open and want each student to have their voice heard.

We know that everyone experiences different life challenges and that each of us may need help to cope with them sometimes. We understand that anyone and everyone may need additional emotional support. At our school, positive mental health is everybody's responsibility, we all have a role to play.

Implementing an effective whole school approach to mental health is beneficial not only to the wellbeing of students and staff, but can also help foster readiness to learn. It also results in improved attainment, attendance, reductions in behavioural problems, as well as happier, more confident and resilient students.

This policy was written in consultation with Designated Safeguarding Leads (DSLs) at Westlands School.

2. Scope

This document describes the school's approach to promoting positive mental health and wellbeing. This policy is intended as guidance for all staff (including non-teaching staff) as well as governors and parent/carers.

This policy should be read in conjunction with our Supporting pupils with Medical Conditions (internal policy) in cases where a student's mental health overlaps with or is linked to a medical issue and the Special Educational Needs and Inclusion Policy where a student has an identified special educational need and our Child Protection Policy.

The policy aims to:

- promote positive mental health in all staff and students
- reduce stigma and foster an open, supportive culture
- 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 or carers



3. Lead members of staff

Mrs A Giles is the Senior Mental Health Lead at Westlands School.

All teaching staff are internally trained in spotting mental health warning signs in pupils and how to support via the 'CARES approach'.

All Pastoral Support Managers have Mental Health First Aid Training.

Whilst all staff have a responsibility to promote the mental health of students, the Mental Health wellbeing team consists of: Mrs A Giles (Senior Assistant Headteacher), Mrs Payne (Safeguarding Support Officer), Miss Donegan (Safeguarding Administrative Assistant), Mrs Graves (SENCO / DDSL), Mr Watson (Teacher), Miss Barton (TA) and Miss Tilley (ELSA TA).

Any member of staff who is concerned about the mental health or wellbeing of a student should follow the normal child protection procedures by speaking to a member of the Designated Safeguarding Team and logging a safeguarding concern on Bromcom.

If the student presents a medical emergency then the normal procedures for medical emergencies should be followed, including alerting the first aid staff and contacting emergency services if necessary.

Where a referral to an outside agency is appropriate, this will be led by a DDSL and managed by Mrs A Giles (Senior Assistant Headteacher) and Mrs Payne (Safeguarding Support Officer).

4. Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves and others physically and mentally healthy and safe are included as part of our values and community time curriculum but are also featured wherever possible as detailed in our whole school cross curricular map, supported by our Safeguarding Champions who are staff representatives for the different subject areas.

The content of lessons will be determined by the specific needs of the cohort we're teaching but there will always be an emphasis on enabling students to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others. Key topics included in the curriculum are: types of mental health, the effect of mental health on young people, discrimination, how celebrities deal with mental health, coping mechanisms to deal with mental health struggles, stigmas around mental health, how mental health can be affected in relationships (family, friends, forced marriages, grooming, LGBTQ+), body image expectation vs reality, how the media influences body image, eating disorders, how



COVID had affected the mental health of teenagers and adults and how changes in their lives as teenagers can affect their mental health.

5. Warning Signs

School staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should communicate their concerns via logging a safeguarding concern on Bromcom and/or speaking to a DDSL. This concern will be actioned by the Deputy Designated Safeguarding Lead for that student's year group and quality assured by Mrs A Giles.

Possible warning signs include:

- physical signs of harm that are repeated or appear non-accidental
- changes in eating or sleeping habits
- increased isolation from friends or family, becoming socially withdrawn
- changes in activity and mood
- lowering of academic achievement
- talking or joking about self-harm or suicide
- abusing drugs or alcohol
- expressing feelings of failure, uselessness or loss of hope
- changes in clothing – e.g. long sleeves in warm weather
- secretive behaviour
- skipping PE or getting changed secretly
- repeated physical pain or nausea with no evident cause
- an increase in lateness or absenteeism

6. Managing Concerns

A student may choose to share a concern about themselves or a friend to any member of staff so all staff need to know how to respond appropriately.

If a student chooses to share a concern about their own mental health or that of a friend to a member of staff, the member of staff's response should always be calm, supportive and non-judgemental.

Staff should listen rather than advise and our first thoughts should be of the student's emotional and physical safety rather than of exploring 'Why?'

All concerns should be logged onto Bromcom for a DDSL to action and if the concern is urgent, staff should also speak to a DDSL.



The member of staff completing the written record should:

- change the concern on Bromcom from 'open' to 'NEW'
- add a category of concern (refer to KCSiE 2025/26)
- include their full name and job title when writing the concern
- be factual - opinions or assumptions have no place within safeguarding documentation
- use the words the student does, including swear words or words which are explicit
- provide the full account of the experience which formed the concern
- Include any response or action taken and how the student responded
- Include dates, times, places and full names/people -this is helpful for the work a DSL will do
- upload pictures or screenshots of work/evidence which supports the referral by using a school device

If urgent - the member of staff completing the record has a duty to also speak to a DDSL.

7. Confidentiality

We can never promise confidentiality if there is a risk of harm to the student. If it is necessary for us to pass on our concerns about a student, then we should discuss with the student:

- who we are going to talk to
- what we are going to tell them
- why we need to tell them

Parents/carers must always be informed if a mental health concern has been highlighted and students may choose to tell their parents/carers themselves. If this is the case, the student should be given 24 hours to share this information before the school contacts parents/carers. We should always give students the option of informing parents/carers for them or with them.

If a student gives us reason to believe that there may be underlying child protection issues, parents/carers should not be informed, but the DDSL on duty must be informed immediately.



8. Individual Risk Reduction Plans

It is helpful to draw up a risk reduction plan for students who receive a diagnosis pertaining to their mental health. This should be drawn up involving the student, parents/carers and relevant health professionals. This can include:

- the reason for the risk reduction plan
- strategies or precautions to avoid or manage specific triggers
- risk assessment on the identified risks
- actions in school to minimise the risks
- timescales - start of the plan and review dates

Where a risk reduction plan is appropriate, this will be led by a DDSL and managed by Mrs A Giles. Specific practical subjects may need to produce an individual risk assessment to support a student in accessing their subject area safely where appropriate.

9. Signposting

We will ensure that staff, students and parents/carers are aware of sources of support within school and in the local community, who it is aimed at and how to access it is outlined in **appendix A**.

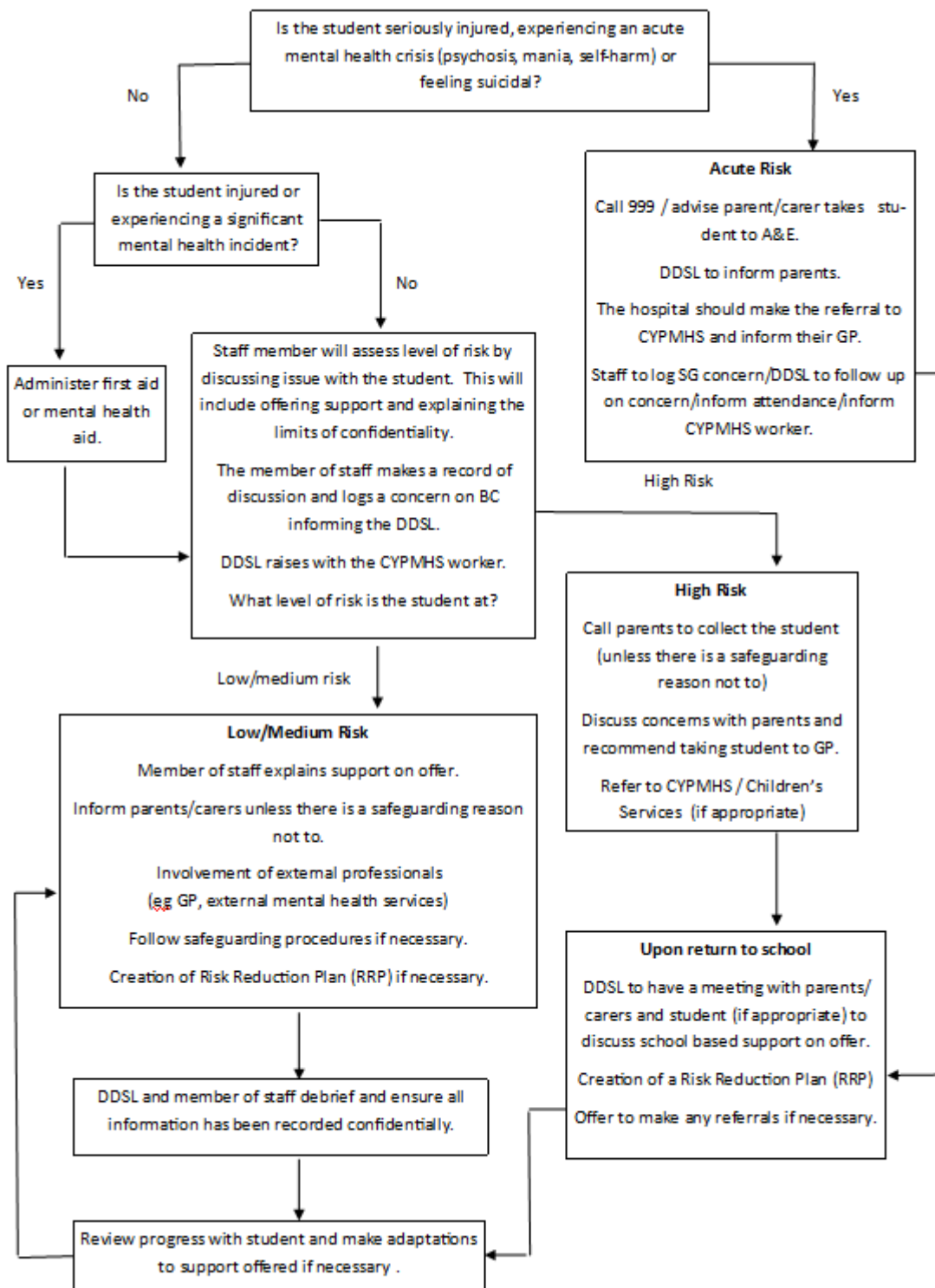
We will refer to the [3 Step Process to Support Self-harm & Suicidal Thoughts](#) (internal document) if they present with suicidal thoughts or concerns of self-harm.

We will display relevant sources of support in communal areas such as year team offices, corridors and safe spaces and will regularly highlight sources of support to students within relevant parts of the curriculum and assemblies. By highlighting sources of support, we will increase the chance of a pupil seeking help. We aim to clarify:

- what help is available
- who it is aimed at
- how to access it
- why to access it
- what is likely to happen next



DDSLs will follow the procedure in a case of acute mental health crisis:



10. In-house Mental Health and Wellbeing support and interventions

There is a range of in-house support which Westlands School provides to students in need, this includes:

- preventative self-help support
- in house risk reduction plans/subject risk assessments
- counselling services - CXC/Willow/School Health(external)/EWT(external, housed in School)
- online counselling - eg Kooth/Childline/Betteryou/STEM4
- resilience room (internal)
- wellbeing room (SEN ELSA Intervention)
- self-harm support (internal and external)
- drugs and alcohol
- bereavement
- LGBTQ+
- Sixth Form support
- mentoring
- ELSA Intervention
- EBSA intervention

Students will be referred to this support via a member of the safeguarding team if a concern is highlighted and the student/parent or carer consents.

11. Resilience Room

The Resilience Room is a resource that was developed as a supportive room for pupils who are struggling with their emotional wellbeing and emotional based school avoidance.

Pupils who have access to the room are carefully considered, monitored and must be agreed by Mrs A Giles.

Pupils accessing the room are triaged, with internal and external support provided as required.

The [WSS Resilience Room](#) document details the rationale, ethos and protocol of the Resilience Room.

12. Working with Parents/Carers

We aim to support parents/carers as much as possible. This means keeping them informed about their child and offering our support at all times. To support parents/carers, we will:



- highlight sources of information and support about mental health and emotional wellbeing that we have in our school
- share and allow parents/carers to access further support
- ensure that parents/carers are aware of who to talk to if they have any concerns about their child, provided students give consent ([Staff contacts for support](#))
- give parents/carers guidance about how they can support their child's/children's positive mental health
- ensure this policy is easily accessible to parents/carers
- hold parents/carer forums on mental health
- keep parents/carers informed about the mental health training our school staff receive and how mental health is covered in our school curriculum

Before sharing with parents/carers, we should consider the following questions (on a case by case basis):

- Can the meeting happen face to face? This is preferable.
- Where should the meeting happen? At school, at their home or somewhere neutral?
- Who should be present? Consider parents/carers, the student, other members of staff.
- What are the aims of the meeting?
- Does the student give consent for the parents/carers to be informed of any involvement with supportive agencies?

The school will highlight further sources of information that may be helpful and provide clear means of contacting us. We will finish each meeting with agreed next steps and always keep a brief record of the meeting on the student's confidential record.

13. Working with other Agencies

As part of our whole school approach, we will also work with other agencies to support our students' emotional health and wellbeing.

This might include liaising with:

- paediatricians
- CYMPHs
- counselling services
- Emotional Wellbeing Team
- therapists
- family support workers;
- behavioural support workers



14. Supporting Peers

When a student is suffering from mental health issues, it can be a difficult time for their peers. Peers often want to support but do not know how to access it. In the case of self-harm or eating disorders, it is possible that peers may learn unhealthy coping mechanisms from each other. In order to keep peers safe, we will consider on a case by case basis which peers may need additional support. Support will be provided either in one to one or group settings and will be guided by conversations with the student who is suffering and their parents/carers with whom we will discuss:

- what it is helpful for friends to know and what they should not be told
- how friends can best support
- things friends should avoid doing or saying which may inadvertently cause upset
- warning signs that their friend may need help (e.g. signs of relapse)

Additionally, we will want to highlight with peers:

- where and how to access support for themselves
- safe sources of further information about their friend's condition
- healthy ways of coping with the difficult emotions they may be feeling

Peer support can be provided by the Student Wellbeing Ambassadors who act as a visible point of contact for peers who may be struggling with their emotional wellbeing but feel more comfortable speaking to a fellow student initially.

15. Training

All staff receive regular training about recognising and responding to mental health issues as part of their regular safeguarding training to enable them to keep students safe.

Training opportunities for staff who require more in-depth knowledge will be considered as part of our performance management process and additional CPD will be supported throughout the year where it becomes appropriate due developing situations with one or more students.

16. Staff Wellbeing

We recognise that our staff are our most valuable resource. We understand that the mental health and wellbeing of our colleagues are linked to the success and happiness of our students. We are committed to fostering a culture where staff feel



supported, valued, and empowered to manage their work-life balance without stigma or fear of judgment.

Wellbeing starts with manageable workloads and all staff have the opportunity to review the school calendar to avoid "red weeks" (e.g. reports and parents evenings in the same week).

Staff are encouraged to disconnect from school communications outside of "Directed Time". There is no expectation to respond to emails after 18:00 or during weekends and holidays.

We aim to be a "stigma-free" zone. If you are struggling with your mental health, we treat this with the same importance as physical illness. Disclosing a mental health challenge will never negatively impact your career progression or performance management.

Staff can make direct contact with Mrs A Giles if they need non-judgemental support, guidance and signposting for their own mental health via the Staff Well-being Hub.

Staff voice is encouraged and staff can share their thoughts and opinions openly via the app on Westlands staff homepage.

In addition to all curriculum areas having a QA from SLT that staff can raise concerns with, staff are also asked for their opinions on various areas of everyday school life in focused staff voice sessions led by SLT.

For staff in high-intensity pastoral roles such as safeguarding, we offer regular, scheduled supervision to process the emotional demands of the job.

Swale Academies Trust have also signed up to the Employee Assistance Programme which offers all staff 24/7 free and confidential advice, counselling support, legal and financial advice: 0800 328 1437.

Summary for Students: "Your Wellbeing Matters"

We want every student at Westlands School to feel heard and supported. Here is how we look out for you:

Who Can I Talk To?

- Staff You Know: You can talk to any teacher or staff member you feel comfortable with.
- The Wellbeing Team: Mrs. Giles (Senior Mental Health Lead) and her team are here to help.
- Student Ambassadors: If you prefer talking to a peer first, look for our Student Wellbeing Ambassadors.



What Happens if I Ask for Help?

1. We Listen: A staff member will listen to you without judgment.
2. We Support: We will offer help and guidance.
3. We Involve Parents: We usually tell your parents so they can support you too. If you want, you can have 24 hours to tell them yourself first.
4. Specialist Help: We can connect you with school counselors (CXXK or Willow) or online support like Kooth.

Important Numbers (24/7 Support)

- Shout: Text 'SHOUT' to 85258 (Free crisis text service).
- Childline: Call 0800 1111 (Free, confidential support).
- Papyrus: Call 0800 068 4141 if you are having thoughts of suicide.

17. Policy Review

This policy will be reviewed every year. This is so that it remains up to date, useful, and relevant. We will also regularly review it in accordance with local and national policy changes.



Appendix A

Mental health support we can offer our students	
Internal School Support	<p>These provisions are managed within the school to provide immediate, safe environments for students during the school day.</p> <ul style="list-style-type: none"> ● The Boom Room: A designated safe space for vulnerable students during lunch break. Contact: Mrs Sanford. ● B-Block & PC Clubs: Lunchtime and break-time social clubs. Contact: Mrs Graves. ● Resilience Room: A specialist environment for pupils struggling with emotional wellbeing or Emotionally Based School Avoidance (EBSA). Access is triaged and must be approved by Mrs A Giles. ● Young Carers' Club: In partnership with Crossroads Young Carers. Meets the first Wednesday of every month (12:40–1:15 PM) in the Resilience Room. Contact: Miss Donegan.
Internal Intervention (ELSA/EBSA)	<p>Delivered by our ELSA/EBSA (Emotional Literacy Support Assistant/Emotional Based School Avoidance) team, including Miss Tilley and Miss Barton. Interventions include:</p> <ul style="list-style-type: none"> ● EBSA Support: Specialised sessions for school avoidance ● Managing Stress/ Exam Stress: Specialized support for managing exam-related stress through proven coping techniques and mental preparation ● Healthy / Unhealthy Relationships: Specialized support focused on establishing healthy boundaries and identifying the core qualities of positive relationships ● Emotional Regulation: Targeted support for Anxiety and Anger Management ● Social Skills: Confidence, Self-Esteem and Friendship skills
Counselling (CXK / Willow)	<p>In-House Counselling support includes:</p> <p>CXK: Jackie White (Monday). Willow: Sarah Deane (Tuesday and Wednesday).</p> <p>Contact: Miss Tilley.</p>



<p>Emotional Wellbeing Team (EWT/NELFT)</p>	<p>Emotional wellbeing support includes:</p> <ul style="list-style-type: none"> ● Emotional Wellbeing Team (EWT): Provides targeted support, including one-to-one sessions, group workshops and guidance for parents and educators to address issues like anxiety, low mood, low self-esteem, and behavioral concerns. (Visit Website) ● All-Age Eating Disorder Service (AADS): Specialist NELFT service for Kent and Medway. (Visit Website) ● NELFT (Learning Disabilities/Autism/ADHD): Specialist support for neurodivergence. Visit Website. <p>Contact: Miss Donegan.</p>
<p>External Support & Online Counselling</p>	<p>External support and counselling includes:</p> <ul style="list-style-type: none"> ● Kooth: A free, anonymous, and safe online mental health service for students. Access: www.kooth.com ● Childline: Offers 1-to-1 counselor support, digital tools, and a 24/7 helpline. Contact: www.childline.org.uk 0800 1111 ● Kent School Health: Kent School Health supports children and young people aged 4-19. They can help with a range of issues young people might face including; day and night-time wetting and soiling, children and teen's sleep, children and teen's behaviour, children and teen's healthy lifestyle, puberty and growing up. https://www.kentcht.nhs.uk/service/school-health/Referral-form ● CYPMHS: CYPMHS is an NHS provided service which offers mental health assessment, interventions and evidence-based treatment to children and young people aged 0-18 years in Kent and 0-19 years in Medway, who are experiencing a range of challenging mental health difficulties or may require a diagnostic assessment for Neurodevelopmental conditions such as Autism or ADHD. https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health ● You Are Not Alone (YANA) Project: Provides online wellbeing and emotional resilience workshops, including tailored 1:1 sessions and parent/carer workshops. Contact: www.yanahelp.org 01892 530330 ● SHOUT: A 24/7 text service providing free support for young people experiencing a mental health crisis. Contact: Text SHOUT to 85258 ● Hub of Hope: The UK's leading mental health support database, connecting users to local, national, and NHS services in one place. Access: www.hubofhope.co.uk



	<ul style="list-style-type: none"> ● The Mix: The Mix offers free, confidential support, expert advice and a welcoming community, all designed for young people. At The Mix, you can get one-to-one support from counsellors, join live support groups, talk on community boards or connect through a peer chat service. https://www.themix.org.uk
<p>Substance Misuse & Addiction</p>	<p>Substance misuse and addiction support includes:</p> <ul style="list-style-type: none"> ● FRANK: 24/7 confidential drug and alcohol information support service. Call 0300 123 6600 or text 82111. https://talktofrank.com/ ● STEM4: www.stem4.org.uk This supports young people's mental health with info about anxiety, low mood, self-harm, eating problems and addiction, as well as resilience and wellbeing, and some great downloadable apps. ● quitSTART: Free app specifically for teens looking to quit smoking or vaping. Download the quitSTART app or try SmokefreeTXT by signing up online or texting QUIT to 47848 ● WithYou: Support for challenges with drugs, alcohol, or mental health. wearewithyou.org.uk.
<p>Eating Disorders</p>	<p>Eating disorder support includes:</p> <ul style="list-style-type: none"> ● BEAT: Beat is a nationwide organisation supporting people affected by eating disorders, their family members and friends. Beat provides information and support by phone, text or email. www.beateatingdisorders.org.uk 0808 801 0677 - help@beateatingdisorders.org.uk ● stem4 is a UK-based charity that focuses on early intervention for teenage mental health. They support teenagers with eating disorders (and those who care for them) through a combination of digital tools, educational resources, and community awareness. https://stem4.org.uk/eating-disorders/ ● The All-Age Eating Disorder Service (AADS): AADS for Kent and Medway is a specialist service. The service aims to bring hope and confidence, through help and support, to those who have an eating disorder, to enable them to take back control of their life by overcoming their eating disorder. https://www.nelft.nhs.uk/ ● Worth Warrior app - Worth Warrior is an app created for young people to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders. This clinician-developed app can be downloaded for free from the App store or Google Play. Find out more at: https://worthwarrior.stem4.org.uk



Financial Support for Families	<p>The links to the charities below can help families with the cost of living, including school uniform and equipment:</p> <p>www.inkinddirect.org www.svp.org.uk</p> <ul style="list-style-type: none"> • Foodbanks / food vouchers: www.trusselltrust.org • Swale Family Hub provides advice, support and services to help throughout your family journey, from newborns up to 25-year olds. Family Hubs use a whole family approach to provide a single access point to family support services that is integrated across health (physical and mental health) and social care as well as voluntary and community organisations and education settings. <p>https://www.facebook.com/SwaleFamilyHubs https://local.kent.gov.uk</p>
Young Carers	<p>Support for Young Carers includes:</p> <ul style="list-style-type: none"> • Imago Young Carers: Imago supports children and young people who provide unpaid care for family members due to illness, disability, mental health issues or substance misuse. youngcarers@imago.community - 0300 111 1110 www.imago.community • Crossroads: Crossroads supports individuals under 18 (up to 21 if required) to care for family members with disabilities, illnesses, mental health conditions, or substance abuse challenges. enquires@crossroadskent.org - 03450 956 701 - www.crossroadskent.org
Bereavement Services	<p>Bereavement services support includes:</p> <ul style="list-style-type: none"> • Winston's wish: Comprehensive support for children and families after the death of a parent or sibling. winstonswish.org.uk - 08088 020 021 - https://winstonswish.org/ • Holding on Letting Go: Bereavement support to promote resilience and provide emotional support to children, young people and their families to assist them to move positively through the grieving process. info@holg.org.uk - 03445 611 511 - https://holg.org.uk/ • CHUMS: Mental health and emotional wellbeing support for children, young people and their families info@chums.uk.com - 01525 863 924 - www.chums.uk.com • Slide Away: Slide Away provides bereavement support to children and young people up to the age of 18, their families and those who care for them. support@slideaway.org - 07970 597 715 - https://www.slideaway.org/



Self-harm/
suicidal
thoughts support

Support for self-harm

- **NHS 111:** To get urgent mental health advice from the NHS call 111 and select the mental health option. 111 will tell you where you can get help. They will also be able to put you through to a trained mental health professional over the phone. 111 can support anyone who is feeling unsafe, distressed or worried about their mental health. They can also give information and advice about what to do if you're worried about someone else.
- **Samaritans:** Samaritans is a charity dedicated to reducing suicides by providing a safe, confidential space for anyone struggling to cope. Volunteers offer non-judgemental emotional support via a free, anonymous phone line (116 123) to help people in distress, loneliness or crisis.
<https://www.samaritans.org/> 116 123
- **Childline:** is a free, confidential 24/7 service for UK children and young people (under 19) provided by the NSPCC. Young people can call 0800 1111, chat 1-2-1 with counsellors online or email for support with any issue to supportercare@nspcc.org.uk - <https://www.childline.org.uk/>
- **Alumina:** -Alumina is a free, online 7 week course for young people struggling with self-harm. Note: Alumina isn't a crisis service. www.selfharm.co.uk
- **CALM HARM:** Calm Harm is a free app that helps you manage or resist the urge to self-harm. The app can be downloaded for free from the App store or Google Play. Find out more at: <https://calmharm.stem4.org.uk/>
- **Papyrus:** Papyrus UK is a charity for the prevention of young suicide (under 35) in the UK.
<https://www.papyrus-uk.org/> - 0800 068 4141 - Text - 88247 - email - admin@papyrus-uk.org
- **YoungMinds:** Young Minds is the UK's leading charity for children and young people's mental health, providing vital support, resources and advice for young people, parents and professionals to prevent mental health crises.
<https://www.youngminds.org.uk/> 0808 802 5544.
- **SHOUT:** A 24/7 text service providing free support for young people experiencing a mental health crisis. **Contact:** Text **SHOUT** to **85258**
- **Kooth:** A free, anonymous, and safe online mental health service for students. **Access:** www.kooth.com
- **STEM4:** A charity that supports teenage mental health. Mental health information, apps and education. They offer 5 evidence based mental health apps that support various mental health



	<p>conditions such as anxiety, self-harm, depression and eating disorders. https://stem4.org.uk/ - enquiries@stem4.org.uk</p>
<p>LGBTQ+</p>	<ul style="list-style-type: none"> ● The Be You Project: The BeYou Project offers a safe, welcoming and inclusive space where LGBTQ+ young people can meet, socialise and find the support they need. https://thebeyouproject.co.uk/ - beyou@porchlight.org.uk ● Mermaids:Mermaids supports transgender, non-binary and gender-diverse children and young people, as well as their families and professionals involved in their care. https://mermaidsuk.org.uk/ - 08088 010 400
<p>Resources</p>	<ul style="list-style-type: none"> ● Mind: Mind is a leading UK charity providing advice, information and support to empower anyone experiencing a mental health problem. https://www.mind.org.uk/ ● Anna Freud: -Anna Freud is a charity who works in collaboration with children and young people, their families and community and mental health professionals to transform children and families' mental health. www.annafreud.org
<p>Post 18 support</p>	<ul style="list-style-type: none"> ● GP services: Your GP surgery is the primary route for mental health assessment, treatment, and referrals to specialised services. ● NHS 111: To get urgent mental health advice from the NHS call 111 and select the mental health option. 111 will tell you where you can get help. They will also be able to put you through to a trained mental health professional over the phone. 111 can support anyone who is feeling unsafe, distressed or worried about their mental health. They can also give information and advice about what to do if you're worried about someone else. ● Emergency Care: Call 999 or go to A&E if you or someone else is in immediate danger, has taken an overdose, or cannot keep themselves safe. ● Samaritans: Samaritans is a charity dedicated to reducing suicides by providing a safe, confidential space for anyone struggling to cope. Volunteers offer non-judgemental emotional support via a free, anonymous phone line (116 123) to help people in distress, loneliness or crisis. https://www.samaritans.org/ 116 123 ● SATEDA: SATEDA is a specialist domestic abuse charity supporting women and children across Kent, Swale and Maidstone. SATEDA helps women escape abuse and rebuild their lives, empowering them to live safer, healthier futures.



	<p>https://sateda.org/ 01795 417251 admin@sateda.org</p> <ul style="list-style-type: none"> ● Survivors of Bereavement by Suicide (SOBS): Support for over 18 who have lost someone to suicide. 0300 111 5065 / email.support@uksobs.org / https://uksobs.com/ ● Papyrus: Papyrus UK is a charity for the prevention of young suicide (under 35) in the UK. https://www.papyrus-uk.org/ - 0800 068 4141 - Text - 88247 - email - pat@papyr ● Medway Safe Haven: Medway Safe Haven offers 24/7 drop-in mental health support to anyone aged 18+ in the Kent area. https://www.mhm.org.uk/medway-safe-haven
<p>Safeguarding concerns and referrals</p>	<ul style="list-style-type: none"> ● FRONT DOOR: DSL's use the front door portal for early help and social services: www.kelsi.org.uk Contact number: 03000 41 11 11 Email: frontdoor@kent.gov.uk Out of Hours Tel: 03000 41 91 91 ● SALUS: Salus offers a huge range of innovative services and evidence based training programmes with a mission to improve the lives of Children and Young People. www.salusgroup.org.uk ● Adolescent to Parent Violence and Conflict Service (APVC): Support for families to help them communicate more effectively and better manage conflict. ● WithYou: Support for challenges with drugs, alcohol, or mental health. wearewithyou.org.uk.

