

Linlithgow Academy

Mental Health & Wellbeing Policy (Summary)

Rationale

In an average classroom, three children will be suffering from a diagnosable mental health condition. By developing and implementing practical, relevant and effective mental health policies and procedures we can promote a safe and stable environment for the many children and young people affected both directly, and indirectly by mental ill health. The number of young people suffering with a mental health condition in both the UK and Linlithgow Academy has increased significantly and it is important this is recognised as both a whole school and community issue.

The Policy Aims to:

- Promote positive mental health for all staff and pupils
- Increase understanding and awareness of common mental health issues
- Highlight and promote key national and world-wide events
- Alert staff to early warning signs of mental ill health in both young people and their colleagues
- Provide support and training to staff working with young people with mental health issues
- Provide support to pupils and staff suffering mental ill health and their peers and parents/carers

What did our young people at Linlithgow Academy tell us?

We asked our young people to complete a Mental Health questionnaire, developed by our Pupil Council, which has formed the basis of our policy. Unsurprisingly, only 15% of those who responded said that they found it easy to talk about mental health. The students told us their main concerns, what would help them to talk and how they would like to be supported.

The main concerns raised included:

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|-----------------------|-------------------|
| ➤ Stress | ➤ Anxiety |
| ➤ Depression/Low mood | ➤ Bullying |
| ➤ Friendship Issues | ➤ Drugs & alcohol |
| ➤ Loneliness | ➤ Cyberbullying |

The students explained the ways we could support them with these issues:

- A safe quiet space
- Learning more about mental health
- A place to drop in and chat
- Counsellor
- Information on services to support mental health

From gathering this information we support our young people in the following ways:

- School Mental Health First Aiders
- Pupil Support staff available
- Health and Well Being Champs
- School counsellor
- Pupils are able to report their HWB concerns
- Pupils can also email their concerns via the school website to Pupil Support staff.
- Linlithgow Young People's Project (LYPP)
- Health & Wellbeing Pledge is displayed
- HWB noticeboard displayed in the reception area
- Key HWB dates promoted and celebrated