

Mental Health Wave



WAVE 1

Low level anxiety/mood
Friendship issues
Stress
Issues at home

- Reading support through NEST Library
- Extra-curricular opportunity
- Mindfulness activities
- Parents and students signposted to advice & guidance

WAVE 2

Longer term low mood/anxiety
Panic attacks
Social difficulties
Aggression

- Colouring for Mindfulness Group
- Social Skills Group
- YMCA Counselling
- Wellbeing Group
- Support from Mental Health and Well-being Champion

WAVE 3 (K)

Depression
Severe anxiety
Eating disorder
Self-harm
Persistent behaviour incidents

- YMCA Counselling (longer term)
- Dog and equine therapy
- Clinical drama/ music therapy
- School Nurse

Students can only be referred for one service at a time

WAVE 4 (K or E)

Substance misuse
Sexualised behaviour
Suicidal intent or action
Severe weight loss/self-harm
Severe OCD
Hearing Voices

- CAMHS support
- Education Psychologist

For immediate concerns, parents should take their child to the GP