

HALCYON PODCAST SEASON 1 E05

Dr Carl Harris: Supporting pupils who present with a mental health difficulty in school

A resource to further develop the ideas and recommendations in this podcast.

8 TOP TIPS for Schools

How to support a child or young person who discloses that they are having a mental health difficulty:

1. Listen to the child and validate their feelings and experience. To validate someone's feelings is first to accept someone's feelings - and then to understand them - and finally to nurture them.
2. Create a shared plan between you about the next steps. If they are a young child you may need to make some suggestions and ideas and lead the conversation a little more.
3. We are not mental health experts, so if you feel out of your depth or don't know what to do next, explain to the child that you are not sure quite what to do next, but that you will find out what to do or who might be able to help, together.
4. Use your professional judgement as to whether there needs to be immediate action and if the child is in immediate harm. See this helpful document for flow charts on self harm/suicide.
5. Record within your cloud based/electronic safeguarding system the main highlights, what action was taken and when the activities will be reviewed (similar principles to child protection/safeguarding). Try CPOMS for example.

6. Agree a time to check back in with the child so that they know that you are holding them in mind.
7. Where possible engage with parents and talk to them about the difficulties shared and the actions that may be taken.
8. Look after yourself. If the conversation has been overwhelming or distressing, ensure you have someone else to talk to, for example a colleague or a counsellor.

Further Information

For more in depth information visit a webinar on this subject, produced by The National College
thenationalcollege.co.uk/webinars/how-to-manage-disclosure-of-mental-health-difficulties-practical-advice-and-guidance

Here are more useful websites and free resources:

www.cwmt.org.uk/schools-families-resources
campaignresources.phe.gov.uk/schools/topics/rise-above/overview

Join the Halcyon Education Academy

We run a [12 week online course](#) giving you the tools and strategies to put mental wellbeing at the heart of your school. It stems from our **10 Steps to a Mentally Healthy School** document which you [can download here](#), along with our [progress tracker](#) to help you prioritise your work.

"The course allowed me to work at my own pace and complete the tasks needed. We have changed our practice as a result and now do a whole school assessment."

For further help or advice, please feel free to [book a call](#) with me or send an email to anna@halcyon.education



The hot cross bun model

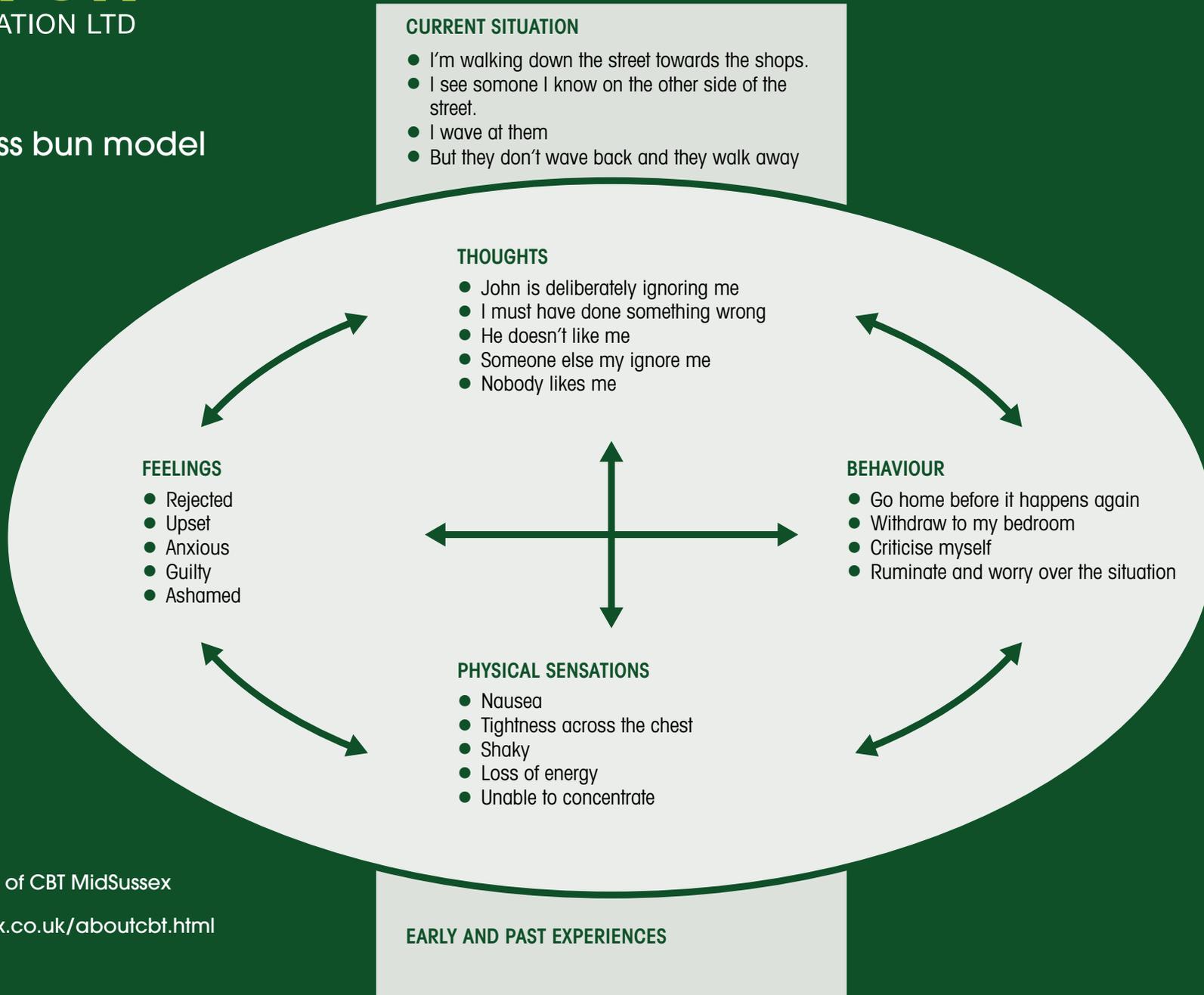


Diagram courtesy of CBT MidSussex

www.cbtmidsussex.co.uk/aboutcbt.html