

MENTAL HEALTH AND WELLBEING SUPPORT

Please find an overview of the tiers of support for mental health and wellbeing that we provide. If you feel your need further support than these, tiers 3 and 4 would be recommended by external professionals and could include specialist therapists, CYPMHS support and other specialist teams

Tier 1A (support available for all)

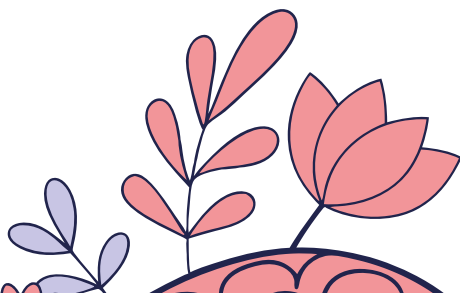
- ✓ PSHE curriculum
- ✓ Mental Health awareness days and events
- ✓ Assembly program
- ✓ Ella (wellbeing dog)
- ✓ 5-Point scale
- ✓ Calm Corners
- ✓ Worry Box
- ✓ Positive Regard
- ✓ Behaviour Approach
- ✓ Trusted adults
- ✓ Half Termly Yoga
- ✓ Outdoor Learning (Forest School and Artscaping half termly)

Tier 1B (support available for some)

- ✓ ELSA
- ✓ Timetabled Ella (wellbeing dog) time
- ✓ Adapted learning sequence based on class needs
- ✓ ELSA check-ins
- ✓ Meet and Greet
- ✓ Sensory Breaks
- ✓ Yoga Club (after school)



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Tier 1C (signposted external support!)

✓ Referral (from school) to **John Huntingdon Charity** (eg play therapy)

✓ Referral (from school) to the **Acorn Project** (eg play therapy and emotional support)

✓ **EIFA** (Education Inclusion Family Advisor)

You might also find it useful to contact the school's link EIFA. This service, run by Cambridgeshire County Council, provides various forms of support. More info can be found here: [Cambridgeshire EIFA Information](#). Our EIFA contact is Amanda Gilbert, and her email is amanda.gilbert@cambridgeshire.gov.uk.

✓ **YOUnited (NHS Service)**

Families can self-refer to YOUnited, which supports children with emotional wellbeing and mental health: <https://www.cpft.nhs.uk/youunited/>.

✓ **Place to Be Website**

<https://www.place2be.org.uk/>

✓ **Keep Your Head Website**

This site offers a wealth of information and signposting around mental health and wellbeing for children in Cambridgeshire and Peterborough: <https://keep-your-head.com/>.

✓ **Centre 33**

[Centre 33](#) (including young carers)

Tier 2 external support

Early support services provided by professionals initiated through Paediatric medical appointments and can include child psychologists, community paediatricians and community specialist nurses

