

MENTAL HEALTH PROTOCOL

Follow this protocol in the event of a young person disclosing concerns about their mental health

1 CONCERN IDENTIFIED

Young person discloses a mental health concern about themselves or a peer (e.g. anxiety, eating disorder, self-harm, suicidal ideation (thoughts), psychosis)

2 ARE THEY AT RISK OF IMMEDIATE HARM?

Has the young person made a suicide attempt, serious laceration or self-injury, taken drugs/alcohol, ingested something/overdosed?

Dial 999

Seek First Aid

Inform Child Protection Officer

3 INITIAL ACTIONS

Be calm, supportive and non-judgemental

Speak to young person in a quiet setting

Explain confidentiality and the fact that there may be the need to pass concern on

Listen rather than give advice

Check for clarification / make notes for accurate information

If required, seek Mental Health First Aider

4 PASSING ON INFORMATION

If there are concerns about the young person's safety, see Child Protection Officer

Complete SEEMIS referral or speak to Guidance

Give date, time and summary of conversation

SPECIALISED SUPPORT

MENTAL HEALTH FIRST AIDERS

Staff specially trained to respond to a young person or adult in a mental health crisis. They have an understanding of a variety of mental health conditions and are trained to listen and support someone in crisis.

LIAM WORKERS

Staff specially trained to support young people to manage their anxiety – this can be accessed through the PT Guidance.

SUPPORT FROM CAMHS

For specialist mental health support, the PT Guidance and the school nurse can make a referral to CAMHS (Community Adolescent Mental Health Service)