USF WELLBEING STRATEGY

Article 24: *Every child has the right to the best possible health*

Tier 3

Early Help

Signposting to other outside agencies

Child Adolescent Mental Health Services - CAMHS to support children and young people facing emotional, behavioural or mental health difficulties

Tier 2

Play Therapy with qualified professionals

Counselling sessions with qualified professionals

Close-working relationship with the Mental Health Support Team who offer an early intervention service to children and families through therapeutic guided self help.

Tier 1

Our MindUp, Jigsaw and Zones of Regulation curriculums help children identify their feelings, build healthy relationships and manage their emotions.

Mindfulness activities support children to calm their bodies and minds when things feel tricky.

10-a-Day wellbeing messages encourage children to look after both their physical and mental health.

Our therapy dogs, Bea and Lotta, help children feel calm, safe and comforted.

Nurture support, including Circle of Friends and Drawing and Talking, helps children feel they belong and express worries safely.

Forest School and Lego Therapy support confidence, resilience, communication and teamwork.