



St Bede's Catholic Middle School value the wellbeing of all staff and students within their community. We are delighted to be the first school in Worcestershire to have been awarded the Gold Status of The Carnegie Centre of Excellence Mental Health Award for Schools. St Bede's Catholic Middle School provides a wide range of support to promote the wellbeing of staff and students, including such activities as student and staff meditation, our extensive student support facilities, weekly wellbeing drop in clinics with mental health first aiders, working with outside agencies to source counselling/support sessions for students in need of expert support, and a mental health focus in school to raise awareness of mental illness and the importance of mental wellbeing.

The Department of Education recognises the direct link between positive mental health in schools and successful educational outcomes; the Mental Health Award for Schools builds on this link and provides a framework to evidence policies and initiatives that work towards improving emotional health and wellbeing for both staff and pupils.

Established by Leeds Beckett University and social enterprise Minds Ahead, the mental health quality kitemark recognises schools that ensure the wellbeing of pupils and staff. The award ensures schools are using evidence-based approaches that align to professional and government guidelines. Utilising a developmental framework, which allows schools to evaluate current mental health practices, identify gaps, develop and strengthen these and work towards building an emotionally healthier environment. Through this process, schools commit to making mental health a strategic priority and developing a positive culture that promotes mental wellbeing for everyone.

If you Need Help with Child Mental Health

## Local Help

### Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

### Call 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

### NHS mental health services

Find local mental health services on the NHS website. <http://www.nhs.uk>

## National Help

**Childline** Free 24-hour counselling service for children and young people up to their 19th birthday.

0800 1111

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

**Mind -Infoline** Offers advice and support to service users; has a network of local associations in England and Wales to which people can turn for help.

0300 123 3393, text number: 86463

<http://www.mind.org.uk>

**SANE** Provides practical help, emotional support and specialist information for people aged 16 and over with mental health problems, their family, friends and carers.

0300 304 7000

[www.sane.org.uk](http://www.sane.org.uk)

**Supportline** Confidential telephone helpline offering emotional support to any individual on any issue.

01708 765200

[www.supportline.org.uk](http://www.supportline.org.uk)

**Beat** Provides helplines, self-help groups and online support to anyone affected by eating disorders.

Helpline: 0808 801 0677,

Youthline: 0808 801 0711,

Studentline: 0808 801 0811

[www.b-eat.co.uk](http://www.b-eat.co.uk)

**The Samaritans** The Samaritans provide a confidential service for people in despair and who feel suicidal.

116 123

[www.samaritans.org.uk](http://www.samaritans.org.uk)

**NSPCC** Provides helplines and information on child abuse, child protection and safeguarding children.

0808 800 5000

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

**Young Minds** Young Minds has a Parent Helpline that offers free confidential telephone and email support to any adult worried about the wellbeing of a child or young person.

0808 802 5544

[http://www.youngminds.org.uk/for\\_parents](http://www.youngminds.org.uk/for_parents)

### **Youth Wellbeing Directory**

Helps you find support for mental health and wellbeing of young people up to age 25 across the UK.

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

### **HaveGotAProblem.com**

Free resource about mental health and addiction issues. It has advice and documents on issues including depression, anxiety, self-harm, bipolar, eating disorders and coping.

<http://www.havegotaproblem.com/>

Please also click on the other links provided to find information on specific areas.