



## How the Craigmount High School Community Supports our Young People

As a school staff, we all have an awareness and knowledge regarding Mental Health and Wellbeing. It is an extensive part of our curriculum, which all areas of the school have responsibility for. Our current protocol for support is:

### Mental Health Protocol

about wellbeing.

2. **What risk?** - Open ended discussion to assess level of risk – if immediate risk contact CP Lead in school and consider if first aid is required.
3. **Investigate/listen** - If not, staff will have a conversation with young person, ensuring they are;
  - Non-judgemental, calm and invested
  - Acknowledge and explain confidentiality rules
  - Setting – somewhere quiet
  - Allow for silence – to encourage them to talk
  - Repeat/ensure clarity of what they are saying
4. **Report** - Complete a Wellbeing Concern Form and submit to link PSL. This will be actioned appropriately by the PSL in some of the following ways;
  - Discussion with pupil
  - Discussion with home
  - Follow up with staff member
  - Consider available interventions
  - Sign-posting

## How can you, at home, support and nurture your young person's wellbeing?

Teenagers can be largely emotional rather than logical because of their hormones. It is not necessarily pleasant for them, and it can even feel frightening.

Although it might be hard for you, and it may cause you to worry, they need you to maintain a calm consistent presence.

### Some Top Tips

1. Decide what the **boundaries** are and stick to them – teenagers may object to these but know they're a sign that you care for and about them
2. **Listen** to them when they do want to talk and try not to interrupt until they've finished speaking
3. Allow them to **learn from their own mistakes** – as long as they are safe – and accept they might do things differently to you
4. **Do not bottle up your concerns** – if you're worried your teenager may be having unprotected sex or using drugs, try talking calmly and direct them to useful information, such as these articles - [Worried about your teenager? - NHS \(www.nhs.uk\)](http://www.nhs.uk)
5. Allow them to have their **own space** and privacy
6. **Life Balance**, encourage your child to have a balance in life - school is important but it is also important that they relax, have fun, are active and eat well.
7. **Be a good role model**, parenting is stressful! Looking after your own mental health will have the most beneficial impact of all on your child's wellbeing.