

POSITIVE MENTAL HEALTH POLICY

Policy Statement

Mental health is a state of well-being in which every individual realises his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (World Health Organisation).

At our school we aim to promote positive mental health, we aim to recognise and respond to mental health. By developing and implementing practical, relevant and effective mental health policies and procedures we can promote a safe and stable learning environment for students affected both directly and indirectly by mental health.

Scope

This document describes the Explore English approach to promoting positive mental health and wellbeing. This policy is intended as guidance for all staff.

This Policy Aims to:

- Promote positive mental health in all staff and students
- Increase understanding and awareness of common mental health issues
- Alert staff to early warning signs of mental health
- Provide support to staff working with students with mental health issues
- Provide support to students suffering mental health and for teachers/staff/peers

Lead Staff Members:

Director of International Strategy & Growth, Assistant Director of Studies, Student welfare Coordinator / First Aid Mental Health Officer & Teacher.

Any member of staff who is concerned about the mental health or wellbeing of a student should speak to a mental health lead in the first instance.

If there is a concern the student is in danger of immediate harm then immediate action is to be taken to seek support from the Director and the First Aid Mental Health Officer for referral to Emergency Services.