Date: June 2019
Review Date: March 2021
Responsibility: Second Master

EPSOM
COLLEGE

Mental Health Policy/statement

Introduction

1 in 10 young people under the age of 16 will have an identifiable mental health issue, rising to 1 in 6 amongst University entrants. The promotion of good physical and mental health within a school population has significant benefits. This policy aims to set the parameters for the College's actions given that the responsibility for a child's health, whether emotional, mental or physical, is a shared one with parents/guardians and designated children's services.

Epsom College promotes emotional well-being by

- Empowering pupils to take responsibility for their own emotional wellbeing;
- Encouraging a collective responsibility within the College community for individuals to be empathic towards another's need for help and support;
- All pupils will maintain good manners, acceptable behaviour and show respect for others regardless of any physical, racial, cultural differences;
- A sound Anti-bullying policy is in place;
- Sessions and activities within the PSD curriculum and PE curriculum aim to promote good physical health and healthy lifestyle choices;
- De-stigmatisation of mental health issues through educating pupils, staff and parents. Awareness Days across the whole campus, promoting events in the local community / hosting guest speakers to address pupils and staff;
- Visual presentations and information boards in central locations throughout the College to display and promote relevant themes and topics;
- Holding Information Evenings for parents to help to foster and establish greater understanding & cooperation between home and school in promoting good emotional/mental well- being;
- Staff training sessions are provided to offer appropriate support for those who may be involved in supporting pupils with mental/emotional issues.

Within the Epsom College community the following are easily accessible and ideally placed to provide pastoral support help and advice to all pupils.

- Housemasters, Housemistresses and Matrons;
- Assistant Head: Pupil Welfare;
- All members of teaching staff and tutors;

- Chaplains;
- Nurses/GPs;
- Counsellor;
- Learning Support Team;
- Prefects/Peer Mentors/Buddy systems.

The need for confidentiality must be balanced with that of providing a safe environment for the pupil and to facilitate appropriate treatment. On occasions there may be child protection issues arising from concern for a pupil's emotional welfare, in which case the College Child Protection Policy Guidelines would be implemented. Information is shared on a 'need to know' basis with the full consent and knowledge of the pupil concerned. Individuals need to operate both within their own professional and organisational boundaries, and always with the pupil's welfare at the centre.

Support in School for Pupils receiving treatment

Whilst it is not the responsibility of the College to replace or act for mental health experts if a pupil has mental or emotional health problems which are being treated, the College will seek to play a valuable role in supporting the pupil.

Subject to any reasonable adjustment, and if well enough, the pupil should be included in the school community. There should be open communication where appropriate between outside agencies/home/College/ Medical Centre (with particular regard to the Medicines in School policy.)

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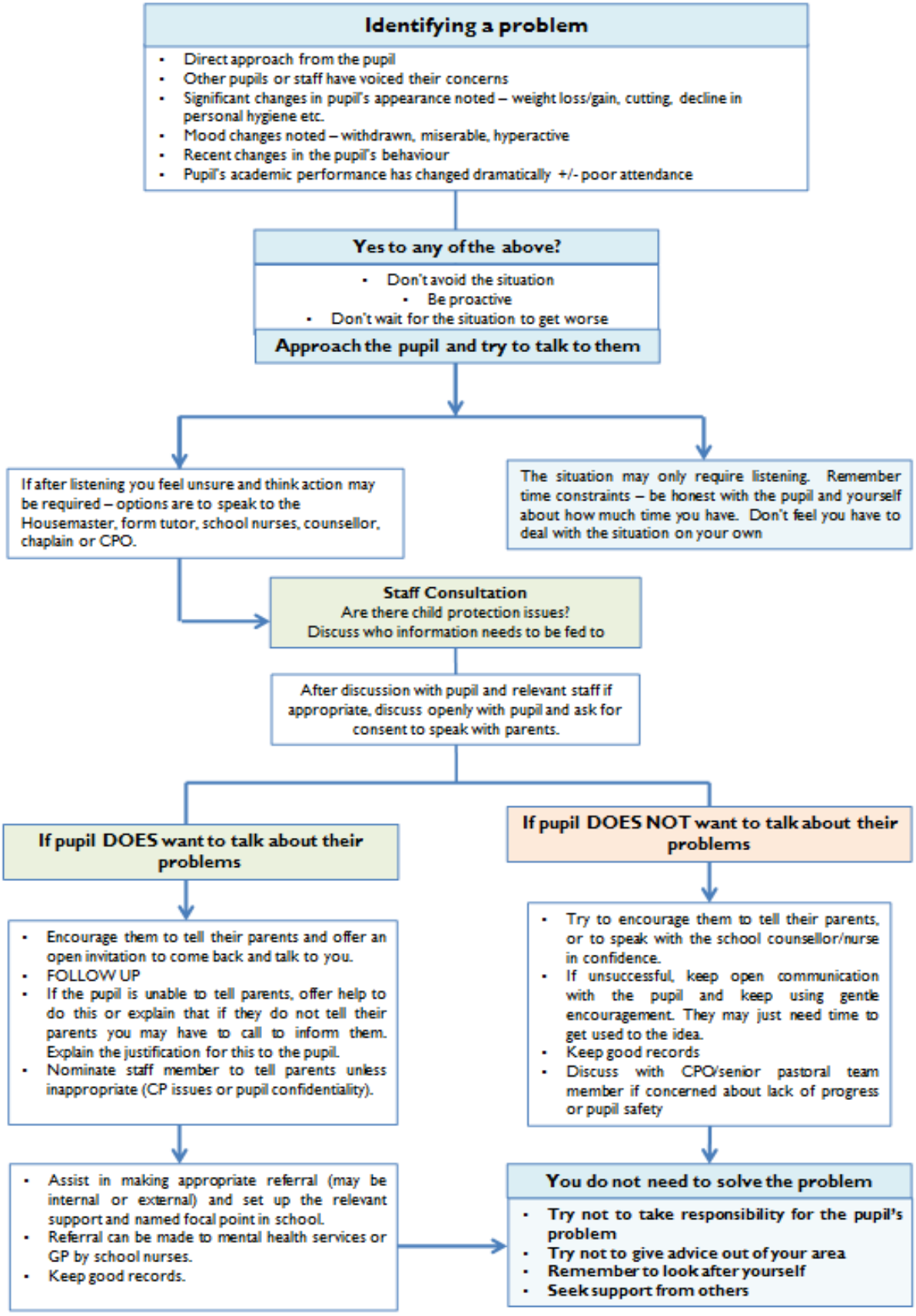
Flow Chart for Staff Guidance



Common Mental Health Risk Factors

- Physiological Changes/Genetic Transmission
- Physical Illness/ Learning disability
- Family /Social Issues
- Stressful life event
- Sexual Orientation-confusion
- Bullying
- Substance abuse

Sometimes there may be no apparent 'risk factors' or obvious reasons for why a pupil is struggling emotionally.

Early recognition of mental health issues

Sleep disturbance	Increased anxiety/erratic behaviour	Self-isolation	Changes to or poor school performance
Loss of interest in activities/people	Mood swings	Self-harming	Changes in appetite
Changes to energy levels	Hearing or seeing things others don't	Altered decision making	Poor appearance/hygiene

This policy provides the following links to other relevant school policies as listed below:

- Eating Disorders
- Self Harm
- Depression
- Bereavement
- Anti-bullying
- Promoting Positive Behaviour