




Level 1: Universal Strategies (For All Students)	Level 2: Targeted Strategies (For Students Showing Early Signs of Distress)	Level 3: Intensive Strategies (For Students with Significant Mental Health Needs)	Additional Resources:
<p><b>Goal:</b> Promote overall mental well-being and prevent issues.</p>	<p><b>Goal:</b> Provide additional support to prevent escalation.</p>	<p><b>Goal:</b> Provide specialised support and interventions.</p>	<ul style="list-style-type: none"> <li>• <b>Educational Materials:</b> Utilise books, websites, and other resources to learn more about supporting mental health.</li> </ul>
<p><b>For Staff:</b></p> <ul style="list-style-type: none"> <li>• <b>Create a Positive Environment:</b> Foster a welcoming and inclusive classroom atmosphere.</li> <li>• <b>Teach Emotional Literacy:</b> Incorporate lessons on recognizing and managing emotions.</li> <li>• <b>Encourage Physical Activity:</b> Integrate regular physical activities to boost mood and reduce stress.</li> <li>• <b>Model Healthy Behaviours:</b></li> </ul>	<p><b>For Staff:</b></p> <ul style="list-style-type: none"> <li>• <b>Identify Early Signs:</b> Be vigilant for changes in behaviour, mood, or academic performance.</li> <li>• <b>Small Group Interventions:</b> Offer small group sessions focusing on social skills, stress management, or coping strategies.</li> <li>• <b>Check-Ins:</b> Schedule regular one-on-one check-ins with students showing signs of distress.</li> </ul>	<p><b>For Staff:</b></p> <ul style="list-style-type: none"> <li>• <b>Referral to Specialists:</b> Refer students to school counsellors, psychologists, or external mental health professionals.</li> <li>• <b>Individualised Support Plans:</b> Develop and implement individualised support plans in collaboration with mental health professionals.</li> <li>• <b>Crisis Intervention:</b> Be prepared to respond</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Workshops and Training:</b> Attend workshops and training sessions on child mental health.</li> <li>• My Happy Mind Resources</li> <li>• <a href="#">Boxall Profile</a></li> <li>• <a href="#">Early Help</a> Dial in Surgeries</li> </ul> <p>Team inbox - parentingEHST@warrington.gov.uk</p>

Demonstrate positive coping strategies and self-care.	<ul style="list-style-type: none"> <li>• <b>Collaborate with Parents:</b> Communicate with parents about observed changes and collaborate on strategies.</li> </ul>	<p>to mental health crises with appropriate interventions.</p> <ul style="list-style-type: none"> <li>• <b>Ongoing Monitoring:</b> Continuously monitor the student's progress and adjust support as needed.</li> </ul>	
<p><b>For Parents:</b></p> <ul style="list-style-type: none"> <li>• <b>Open Communication:</b> Maintain regular, open conversations with your child about their feelings.</li> <li>• <b>Routine and Structure:</b> Provide a stable home environment with consistent routines.</li> <li>• <b>Encourage Social Connections:</b> Support your child in building friendships and social skills.</li> <li>• <b>Healthy Lifestyle:</b> Promote balanced nutrition, adequate sleep, and physical activity.</li> </ul>	<p><b>For Parents:</b></p> <ul style="list-style-type: none"> <li>• <b>Monitor Changes:</b> Pay attention to any changes in your child's behaviour or mood.</li> <li>• <b>Provide Support:</b> Offer extra emotional support and reassurance.</li> <li>• <b>Seek Guidance:</b> Consult with teachers or school mental health lead for advice and resources.</li> <li>• <b>Limit Stressors:</b> Reduce unnecessary stressors at home and provide a calm environment.</li> </ul>	<p><b>For Parents:</b></p> <ul style="list-style-type: none"> <li>• <b>Professional Help:</b> Seek professional mental health services for your child if needed.</li> <li>• <b>Collaborate on Plans:</b> Work closely with the school to develop and follow through on individualised support plans.</li> <li>• <b>Provide Consistency:</b> Ensure consistency between home and school strategies.</li> <li>• <b>Stay Informed:</b> Educate yourself about your child's mental health condition and effective support strategies.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Support Groups:</b> Join parent support groups to share experiences and strategies.</li> <li>• <a href="#">NSPCC Positive Parenting PDF</a></li> <li>• <a href="#">Young Minds</a></li> </ul> <p>Parent Support</p> <ul style="list-style-type: none"> <li>• <a href="#">What is challenging behaviour?</a></li> <li>• <a href="#">How can I talk to my child about their behaviour?</a></li> <li>• <a href="#">How can I help my child?</a></li> <li>• <a href="#">Finding professional help</a></li> <li>• <a href="#">Where to get further support</a></li> <li>• <a href="#">St Joseph's Family Centre</a></li> </ul> <p>Parenting Courses Online Offer - Early Help Team</p> <p>Team inbox - <a href="mailto:parentingEHST@warrington.gov.uk">parentingEHST@warrington.gov.uk</a>  Sonya Dennis - Parenting &amp; Positive Relationships Team Leader</p>

			<div>Suzanne Clements - Parenting Lead South</div> <div></div>
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By implementing these graduated strategies, staff and parents can work together to support the mental health and well-being of all students, ensuring they have the tools and resources they need to thrive.

Appendix

Helpful Documents:

[50 Ways to ask a child about their school day](#)