



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

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

			<p>Suzanne Clements - Parenting Lead South</p> 
--	--	--	--

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](#)