



## All Saints CofE (VC) First School – Mental Health Provision Map

### Provision Map Summary

Stage	Children	Staff
<b>Universal</b>	PSHE, emotional literacy, safe spaces, sports & clubs	Well-being Lead, open culture, workload support, staff social, Headrest helpline
<b>Targeted</b>	MHST interventions (1:1, groups, school workshops)	Supervision, peer support, counselling signposting (MIND, Anxiety UK, etc.)
<b>Specialist</b>	CAMHS, SPA referrals, YoungMinds	Occupational health, GP referrals, ThinkWell therapy
<b>Crisis</b>	NHS urgent helplines, national 111 MH option, A&E, SAMARITANS, Papyrus	Staff helplines, NHS 111, Samaritans, emergency response

Universal (Whole-School Promotion & Early Prevention)		
Indicators/Needs	Children	Staff
<ul style="list-style-type: none"> <li>Mild anxiety or shyness</li> <li>Difficulty expressing emotions</li> <li>Low self-confidence or poor self-image</li> <li>Tiredness or poor sleep</li> </ul>	<p><b>Curriculum &amp; ethos:</b></p> <ul style="list-style-type: none"> <li>PSHE Curriculum</li> <li>Colour Monster Check-ins</li> <li>Whole school events (Mental Health Week etc.)</li> </ul> <p><b>Safe spaces &amp; peer support:</b></p> <ul style="list-style-type: none"> <li>Play Leaders</li> </ul>	<p><b>Wellbeing culture:</b></p> <ul style="list-style-type: none"> <li>Open-door policies</li> <li>Staffroom Display</li> <li>Active listening</li> </ul> <p><b>Practical support:</b></p> <ul style="list-style-type: none"> <li>Workload review</li> <li>Peer recognition (Staff Shout outs)</li> </ul>



<ul style="list-style-type: none"> <li>• Friendship difficulties or occasional low mood</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom Safe Spaces</li> <li>• Pupil voice</li> </ul> <p><b>Extracurricular:</b></p> <ul style="list-style-type: none"> <li>• Clubs and physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Social events</li> </ul> <p><b>External signposting:</b></p> <ul style="list-style-type: none"> <li>• MIND</li> <li>• Samaritans</li> <li>• Staffordshire Helpline (0808 800 2234)</li> <li>• Education Support <a href="https://www.educationsupport.org.uk/">https://www.educationsupport.org.uk/</a></li> </ul>
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Targeted Early Intervention		
Indicators/Needs	Children	Staff
<ul style="list-style-type: none"> <li>• Worry or anxiety impacting attendance or learning</li> <li>• Sudden drop in performance or engagement</li> <li>• Emotional outbursts or dysregulation</li> <li>• Social withdrawal or difficulty maintaining friendships</li> <li>• Low mood, irritability, or signs of prolonged stress</li> </ul>	<p><b>Mental Health Support Team (MHST):</b></p> <ul style="list-style-type: none"> <li>• 1:1 or group work on low mood, anxiety, worries, emotions etc.</li> <li>•</li> </ul> <p><b>Parental Engagement</b></p> <ul style="list-style-type: none"> <li>• Parent Workshops</li> <li>• Meetings</li> <li>• Guidance</li> </ul> <p><b>Referral/signpost:</b></p> <ul style="list-style-type: none"> <li>• CAMHS (where required)</li> </ul>	<p><b>Peer support groups</b></p> <p><b>Staff check-ins &amp; supervision spaces</b></p> <p><b>External resources:</b></p> <ul style="list-style-type: none"> <li>• Anxiety UK</li> <li>• SANEline</li> <li>• MIND</li> </ul>



Specialist Intervention		
Indicators/Needs	Children	Staff
<ul style="list-style-type: none"> <li>Persistent self-harming behaviours</li> <li>Suicidal ideation or major depressive episodes</li> <li>Eating disorders</li> <li>Psychosis symptoms or intrusive thoughts</li> <li>Significant trauma history</li> </ul>	<p><b>CAMHS Referral:</b> via Single Point of Access (SPA)</p> <ul style="list-style-type: none"> <li>South Staffs: 0808 178 0611</li> <li>Email: <a href="mailto:CaFSPA@mpft.nhs.uk">CaFSPA@mpft.nhs.uk</a></li> </ul> <p><b>Multi-Agency Approach:</b></p> <ul style="list-style-type: none"> <li>Educational Psychologist</li> <li>GP</li> </ul>	<p><b>Occupational health</b></p> <p><b>Counselling</b> (via GP referral)</p>

Crisis & Risk Support		
Indicators/Needs	Children	Staff
<ul style="list-style-type: none"> <li>Active suicide plan or attempt</li> <li>Severe panic attacks or dissociation episodes</li> <li>Acute psychosis or unmanageable behaviour posing risk</li> <li>Safeguarding emergencies</li> </ul>	<p><b>24/7 NHS Mental Health Helplines:</b></p> <ul style="list-style-type: none"> <li>North Staffs: 0800 032 8728</li> <li>South Staffs: 0808 196 3002</li> <li>NHS 111 (select mental health option)</li> </ul> <p><b>Emergency services:</b> Call 999 or attend A&amp;E</p>	



	<b>Specialist crisis support:</b> Papyrus (0800 068 41 41), AMPARO postvention support (Suicide)
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