



How does St. Paul's support my wellbeing?

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

(Matthew 11:28-29)



Referral to Specialist Services

We work with a range of external agencies who provide mental health and wellbeing support such as CAMHS, Mind and Mental Health Support Teams.

Specialist School Intervention

We are able to provide our own mental health support onsite with a Chaplaincy and Pastoral Leader attached to every year group. We also have a school counsellor, a medical team and opportunities for all pupil to access mindfulness and further resources to support mental health and wellbeing.

Early Help

We offer support to all pupils with any mental health and wellbeing concerns. Each year group has a designated chaplaincy and pastoral leader who are a non teaching member of staff and can signpost suitable support such as mindfulness or the school counsellor.



Preventative Support

We aim to promote positive mental health and wellbeing, teaching all pupils proactive steps to support their own mental health and wellbeing such as:

- PSHE and RSE curriculum • Wellbeing Wednesday
- National Awareness Weeks such as 'Anti Bullying Week'
- Extra curricular clubs • Sharepoint student wellness page • School counsellor



Our Foundations

We have a 'Promoting Positive Mental Health and Wellbeing Policy' which aims to promote positive mental health for all staff and pupils. We provide opportunities through prayer for reflection and self growth. We also have designated members of staff who have a whole school responsibility for promoting positive mental health. Our 'Senior Mental Health Lead' is Mr Knight and our 'Mental Health Champion' is Mrs Dalkin.

