



Mental Wellbeing Policy

As a school we have always been committed to the wellbeing of students and staff. We foster wellbeing in the school by:

- promoting a friendly, accepting school environment
- encouraging supportive relationships throughout the school
- listening and responding to problems
- maintaining our understanding of mental health issues

Students: At ELC Bristol, we do not knowingly accept students with significant mental health issues. However, in the event that a mental health crisis does occur, there are four Mental Health First Aiders on the staff who have received training in responding to acute mental health issues:

- Clare Hutton (Registrar)
- Andrea d'Essen (Homestay)
- Pete Clark (Director of Studies)
- Katharine Rider (Teacher)

Information summarising the key issues in MHFA (Mental Health First Aid) is available to all staff; in both buildings there is a file of information about MHFA, including a comprehensive resource list of local services available for those experiencing a mental health crisis.

Students have a one-to-one interview with their class teacher at least twice a month. This is a space where personal issues may be aired in addition to academic concerns. If the class teachers become aware that there are issues which need to be addressed, they will raise the matter at the Friday staff meeting or directly with one of the members of the MHFA team.

The names of the current Mental Health First Aiders and other staff members are clearly displayed in all classrooms together with the following advice

Staff: Should any staff member feel the need to discuss personal mental health issues with a trained MHFA team member, then we will make sure there is the time and space available for them where the appropriate support and advice will be given. Whatever is shared will be held in confidentiality. The exception to this is if there is thought to be a risk to the staff member or someone else. If it is necessary to contact a third party (eg GP or mental health team,) this will be discussed first with the staff member if possible/appropriate.

****Evidence suggests there are five steps we can all take to improve our mental wellbeing.**

- **Connect** - connect with the people around you: your family, friends and colleagues. Spend time developing these relationships.
- **Be active** - you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.
- **Keep learning** - learning new skills can give you a sense of achievement and a new confidence. Like learning a new language!
- **Give to others** - even the smallest act can count, whether it's a smile, a thank you or a kind word.



- **Take notice** – Be mindful. Be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

**Information taken from NHS England <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>