

Policy Owner	Director of Education	Review Date:	Dec 24
Policy No.	129	Version No.	3.0

Context

Mental health:

Mental health encapsulates how we feel and think. It can affect our emotional, psychological and social well-being. We all have mental health and like our physical health, our mental health can fluctuate, meaning that sometimes we feel good and sometimes we do not feel as good. When we have good mental health, we still experience negative and painful emotions such as grief, loss and failure – these are a normal part of life that we can successfully navigate when we have good mental health.

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emergency services if necessary. Immediate expert advice can be sought from local NHS emergency mental health helplines whereby advice from trained mental health advisors and clinicians can be accessed 24 hours a day, 7 days a week, 365 days a year.

Treehouse School and Conel Campus of Ambitious College: 0800 151 0023
Barnet, Enfield and Haringey Mental Health NHS Trust

The Rise School and West Thames Campus of Ambitious College: 0800 328 4444
West London NHS Trust

Spring School: 0800 028 8000

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Appendix 1: Possible Signs and Symptoms of mental health needs

Changes in behaviour that *can be* a sign that someone needs mental health support are:

- being anxious,
- being irritable,
- trying to start arguments,
- having mood swings,
- self-harming,
- sleeping too much or too little,

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