Greenhead College Corporation

Mental Health and Well-being Intent Statement

Reviewed September 2024

Holder:	*Mental Health Lead / Director of SEND and Inclusion*
Date drafted:	*September 2024*
Date of next review:	*September 2025*
To be reviewed by:	*Mental Health Lead / Assistant Principal (SEND and Inclusion)*

We all have mental health and well-being, just as we all have physical health, and at Greenhead College we fully embrace our role in supporting the mental health and well-being of our whole College community. This has been acknowledged by the College being awarded the Carnegie Centre of Excellence for Mental Health in Schools Further Education Mental Health at Gold Level for its outstanding mental health and well-being provision.

Like the weather, our mental health can change, and at times it may leave us feeling tired and lacking in motivation; struggling to get on with day-to-day life and activities. We help our students to realise their potential, to learn resilience and to cope and respond to the challenges of life. The College is committed to improving the outcomes of students and adopting a whole College approach to mental health, ensuring all parts of the College community work together coherently.

Our ethos and principles

These guide everything we do to ***be exceptional,*** including our approach to mental health and well-being.

- Create a safe space to grow and flourish.
- Be the best you can be.
- Pursue excellence.
- Every person matters.

We value and celebrate individuality and diversity, creating an environment where there is mutual respect and equality of opportunity for everyone. We create an inclusive, welcoming, and safe space where well-being comes first. In this space students can flourish, and our staff can feel trusted and valued. We create opportunities for everyone in our college community to achieve their potential, allowing our students to grow in all aspects of self, whilst also embracing and supporting the well-being of our staff. We offer high quality pastoral care and go over and beyond for our students.

Aims and objectives.

- To create a safe, calm environment, helping students to be resilient so that they can manage the normal stress of life effectively.
- To drive development of a whole College approach to mental health well-being. This includes identifying appropriate staff development and training, monitoring, and promoting staff and student well-being, and developing robust student referral and support systems.
- Our Mental Health and Well-being Framework addresses mental and physical well-being collectively, so that at every level, we have a strategy that addresses the needs of the college community.
- To teach skills, knowledge and understanding needed by our students, to promote resilience and strategies to help keep themselves and others physically and mentally healthy and safe.
- To help students access in-college support (e.g., counselling department, safeguarding) and work effectively with external agencies to deliver Support as needed. We also promote self-help resources available to students.
- To offer and promote tiered support for students - universal support for all, then targeted interventions and specialist support as required.
- To increase understanding and awareness of common Social, Emotional and Mental Health difficulties, helping staff to notice the early warning signs and support students.
- To ensure, as a minimum, all staff receive regular training about recognising and responding to mental health and safeguarding issues to enable them to keep students safe.
- To embody a culture known for listening to each other, where every individual in the college community feels their voice matters.
- To encourage students and staff to talk about their mental health because we know that not sharing feelings with anyone can make our mental health worse and that ‘it’s good to talk’.
- To develop and promote positive, mutual relationships with parents and carers, encouraging open communication and involving parents/carers as appropriate in supporting students.
- To closely monitor attendance, flagging up and pro-actively dealing with potential issues as we recognise that this can be an indicator of poor mental health.