

Social, Emotional &



**S.E.M.H (Social, Emotional & Mental Health)**



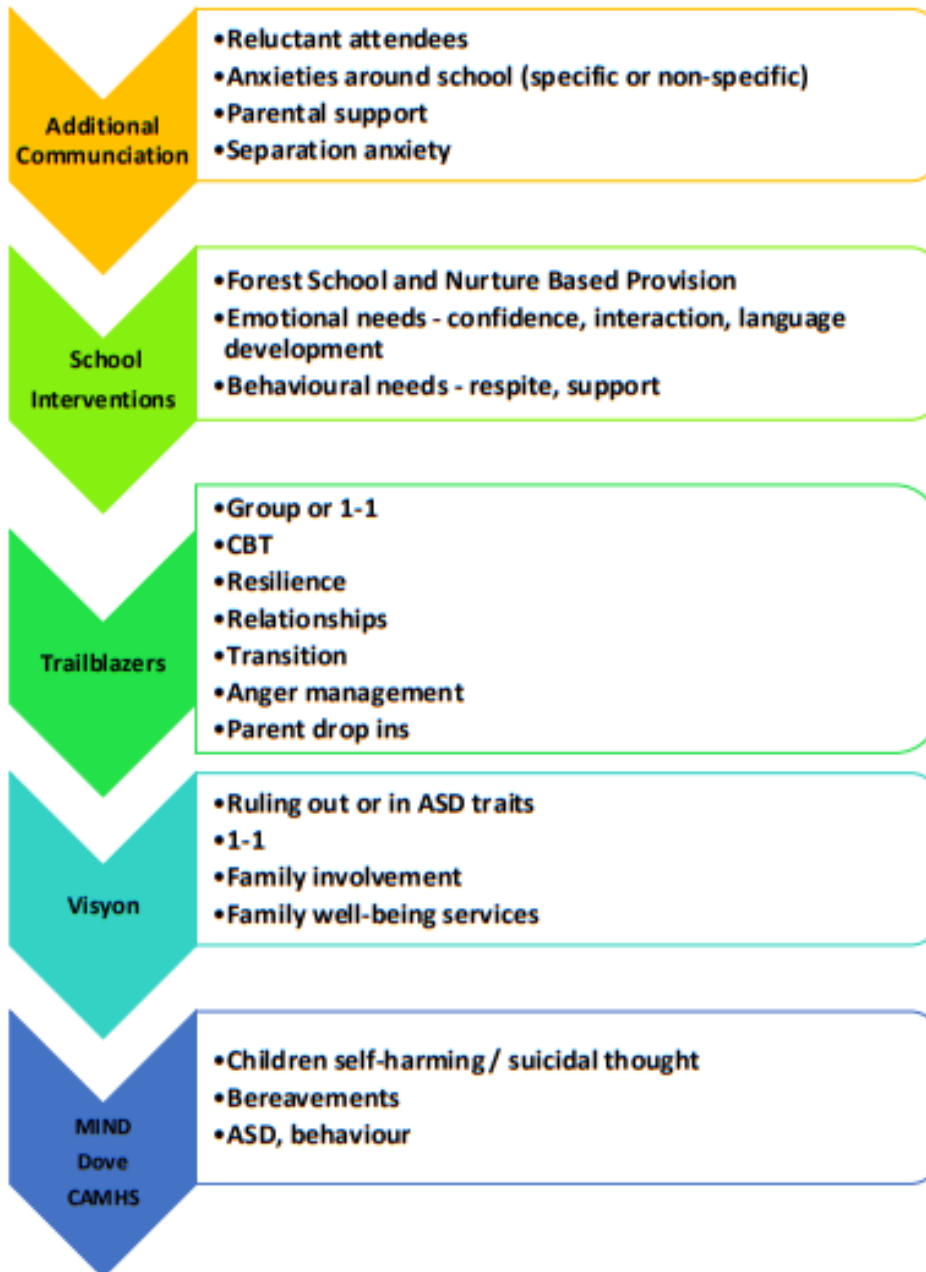
At The Reginald Mitchell Primary School, looking after our children's mental health and emotional well-being is a key priority. Social and Emotional Mental Health (SEMH) includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

If you feel your child requires support with their mental health, please speak to your child's class teacher or Miss Bourner, SENDCo.



**The SEMH pathway below outlines the support we are able to offer. Parents/carers may also find the links below useful.**

## Social, Emotional and Mental Health Support Pathway



**The pathway can be entered at any point or followed in a linear order.  
 More than one intervention can be accessed simultaneously.**

## Useful links ▶

Children's  
mental health:  
a parent's guide

<https://assets.bupa.co.uk/~media/files/business/corporate-pdfs/childrens-mental-health-a-parents-guide.pdf>



[https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/cb4de2\\_a5c3cb37b02b48a6ab18b577fe8e69be.pdf](https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/cb4de2_a5c3cb37b02b48a6ab18b577fe8e69be.pdf)

## WHAT IS TRAILBLAZERS?

The Mental Health Support Team from North Staffordshire Combined Healthcare NHS Trust '**Trailblazers**' is now working within our school. This team consists of Educational Mental Health Practitioners and Mental Health Practitioners with a variety of qualifications such as school nurses, social workers and mental health nurses. This team aims to work with our school promoting positive well-being, preventing poor mental health and raising awareness of mental health.

The team will be offering one to one interventions or group work with children and young people over a short period of time, these sessions are aimed to equip children and young people with the tools to effectively maintain positive well-being. The team will work with children and young people around topics such as; worry management, low mood, exam stress, anxiety, difficulties with emotions, panic management, coping strategies, sleep, behavioural difficulties and problem solving.

The team will also be supporting parents/ carers so that children and young people feel able to talk to adults about how they are feeling, normalising discussions around mental health and reducing stigma. The team will also offer parent workshops, parent drop in's and support to implement strategies in the home environment.

