

Wellbeing at Ousedale School

At Ousedale School, we have built an extensive range of early help interventions to support pupils with their wellbeing and promote positive mental health. Whilst the list below is subject to change according to availability, it offers a flavour of the range of support available for our pupils. Where appropriate, we liaise closely with external agencies to ensure the best support is available for our pupils.

Referrals are made via the Pastoral and Academic Leader.

SUPPORT AVAILABLE IN SCHOOL:

Ousedale School Counsellors: We have a Counsellor based at each campus to support our pupils as needed. Referrals to this support should be made through the Pastoral and academic Leader.

Ousedale School Healthcare Co-Ordinator: We have trained Healthcare Co-Ordinators at each campus who are able to support students on a daily basis (2 at the Newport Pagnell Campus, 1 at the Olney Campus).

Learning Mentors: Learning mentors are there to listen to you if you have any problems. They can give you advice or point you in the right direction for further guidance.

PILC: The PILC (Personal and Inclusive Learning Centre) offers a safe space for pupils who feel worried or anxious. Speak to a Pastoral and Academic Leader for more information.

PSHE: Physical, social, and emotional health are key themes running through the PSHE programme. It aims to promote positive health and wellbeing by educate students

Wellbeing Weeks: Supported by our Wellbeing Leaders, we have regular wellbeing weeks in school, encouraging all pupils to look at strategies to support their own mental health and wellbeing.

EXTERNAL AGENCIES WE WORK CLOSELY WITH:

CAMHS: We have CAMHS triage appointments taking place in school weekly to meet with pupils and signpost additional support.

Young Carers MK: Young Carers MK work with and supports children and young people aged 8-19 years old who care for a family member because of a physical or mental illness, disability or a drug or alcohol problem. Young carers offer support in a variety of ways including one-to-one support where needed, someone to talk to who understands as well as signposting where to find additional help. Young Carers come into school regularly to meet with our pupils and offer support as needed.

Terence Higgins Trust: THT is a leading sexual health charity who will support pupils with their own sexual health and also support in understanding the importance of healthy relationships.

Escape The Trap: With support from the Local Authority, we run the Escape The Trap programme for identified pupils in school, encouraging pupils to explore healthy relationships.

Talk 4 Sport: A local service offered by Middleton Pool. It provides the opportunity to improve physical and mental health through exercise.

Q:Alliance: Q:Alliance is a registered charity that provides support, information and representation for the LGBTQ+ people who live in Milton Keynes and Bedford. They work with the school to support our pupils as required.

Compass: A free, confidential substance misuse service for all Milton Keynes residents aged 18+. They welcome all those in our community who are experiencing problems with drugs and alcohol misuse, and specialise in supporting recovery.

Brook: Brook is the only national charity to offer both clinical sexual health services and education and wellbeing services for young people. They support us in school by conducting one-to-one and group sessions.

SUPPORT AVAILABLE OUTSIDE SCHOOL

If you would like to access support outside of school, the following sources may be of use to you:

- KOOTH: Free, safe and anonymous online support for young people www.Kooth.com
- SAMARITANS Call Samaritans for support on the phone, 24 hours a day, 365 days a year. Call free on 116 123 <https://www.samaritans.org/>
- YOUNGMINDS Text YoungMinds Crisis Messenger if you are under 25 and experiencing a mental health crisis and need support. This free text service provides free, 24/7 crisis support across the UK. You can text YM to 85258 <https://www.youngminds.org.uk/>
- THE MIX Webchat with The Mix, who offer free 1:1 support to anyone under 25 to talk about anything that's troubling them. Or phone 0808 808 4994. Opening times: 4 pm – 11 pm, seven days a week. <https://www.themix.org.uk/>
- SHOUT Text Shout – Who provides free, confidential mental health text support 24/7. Text 85258. <https://giveusashout.org/>
- POPYRUS Call Papyrus if you are experiencing suicidal thoughts, with trained professionals giving support, advice and information to young people. 0800 068 4141 (Mon to Fri, 9 am – 10 pm) (Weekends and bank holidays, 2 pm to 10 pm). <https://www.papyrus-uk.org/>
- NHS Dial 111 if you need medical help quickly, but it's not an immediate risk or if it is out-of-hours for your General Practitioner (GP) surgery. Or 999 if you or someone else is in crisis.

In addition, please see the attached document which provides a full list of support services and contact details available for children and young people in Milton Keynes.

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