



At Hamble Primary, we recognise that strong mental health is just as important as physical health. Through this provision map we have outlined a range of support that children will access depending on what is appropriate for their needs. This is ever-changing; it caters for the varying needs of our pupils, developments in technology, staff expertise and is subject to budgetary constraints. The map is split into 4 'waves' which correspond to the levels of support they may require.

Wave 1 Quality first teaching / whole school initiatives	Wave 2 General mental health provision aimed at all children and families – guided / group interventions	Wave 3 Children who have challenges with their mental health on a more regular basis	Wave 4 Children who have serious or life-threatening challenges with their mental health
<ul style="list-style-type: none"> - "Positive Mindset Wall" displays - "Motivation Wall" displays in classrooms and central areas - Rainbow books in all classrooms - Jigsaw Personal Development Learning sessions. - Mental health displays across the school, some of which are interactive. - Positive behaviour rewarded with house points - Certificates linked to whole-school aims and presented in assembly with parents invited to attend. - Adaptations to class layout – flexible layout depending on the needs and priorities of the class - Widgit for communication boards and emotion cards - Structured timetables and class routines - SLT outside at the start of the day to welcome children - Family Support Worker outside 2 times a week for families to speak to - Phased start for YR children with more opportunities for the parents to converse with adults. - Autumn term information sessions for YR parents to support them with understanding how school works and what is expected of them/their child. - Shared Learning Sessions for Years 1-6 to support parents with understanding how school works. 	<ul style="list-style-type: none"> - Parent workshop "Understanding Behaviour" which some parents are invited to but are open to all families. - Restorative Practice to support friendships - Lunchtime support with adults facilitating activities which are good for mental health - Lunchtime support – always having LSAs on duty who know the children and our ELSA practitioner. - Short (15minute) presentations every half term to all parents which cover key topics, including anxiety, physical health, wellbeing and where to access support. - Lego Therapy to support positive social interactions. - Social skills groups (social stories, games, activities) 	<ul style="list-style-type: none"> - Therapeutic reading group which supports children with recognising emotion in themselves and others. - Therapeutic story writing group which supports children with past trauma and those who struggle with emotions. - "Beating Anxiety" – 6 week programme for children - Parent workshops on a variety of themes including anxiety and behaviour. - Transition support group (Y6) - Referrals to Early Help Hub - Behaviour Response Plans - Home school communication books - Visual prompts - Agreed 'safe spaces' - Rainbow provision including key times to spend with specific adults in certain spaces. - Octopus room learning spaces - Focused low-key tasks given with small achievable outcomes for success and sometimes also for structure and predictability. - Signpost to General Practitioner 	<ul style="list-style-type: none"> - CAMHS - Referrals - Family support worker involvement both in school and through children's services. - TAF - Risk assessments, care or support plans

Support and guidance:

- No Limits (Southampton) - <https://nolimitshelp.org.uk/resources/self-help-resources/>
- Hampshire Camhs <https://hampshirecamhs.nhs.uk/> Scroll down to the bottom of the page and select child / parents or professional for a wealth of resources, support, sign posting to other sites and to useful apps.
- Educational Psychology – 9:30-11am Wednesdays and Thursdays there is a parent support line where you can speak directly to Educational Psychologist who will listen, give parent's strategies and signpost you to other services: 01962 876239 (Winchester/Eastleigh), 02393 441497 (Fareham/Gosport).
- Hampshire Youth Access - Therapeutic support for children and young people across Hampshire, Portsmouth and Southampton. This is a partnership of 11 leading agencies providing counselling, mental health and emotional wellbeing advice and support to children and young people aged 5 - 17 (or 24 for care leavers and SEND) across Hampshire.
- Place2Be – <https://www.place2be.org.uk/> Select 'our services' and choose the area most appropriate to you. Plenty of support materials in the parent section and some useful materials in the school section, some of which we can access.
- Childline - <https://www.childline.org.uk/> or 0800 1111. Advice, games and the Buddy Zone for children. Multiple different ways to talk / text someone who can listen and signpost/support.
- Young Minds - <https://www.youngminds.org.uk/> Practical support for parents, young people and professionals. Aimed at teenagers really but still some useful pointers and good for information as children progress to secondary school.
- NHS Talking Therapies Hampshire – <https://www.italk.org.uk/> focused on adults and supporting them. You can self-refer to join a course.
- Barnardo's - <https://www.barnardos.org.uk/get-support> Support for young people, parents and carers on a huge variety of issues ranging from mental health, support with LGBT+, support with children experiencing homelessness, support for children with various SEND needs. Support is online, on the phone and through various courses (virtual and in-person).
- Children's Wellbeing Service – accessed through the school nurse / GP surgery. More information is available here: <https://pbs.hants.gov.uk/wellbeing-support-service>
- Autism Hampshire - <https://autismhampshire.org.uk/how-we-can-help/> Information, Advice and Guidance team offers a wide range of free services to support individuals, families, and professionals. This service is available pre, during and post diagnosis.

