

What can I do if I am worried about my child's mental health?

At Isca Academy we aim to support you with protective policies and whole school mental health and wellbeing provision. We will work with you and signpost you to further help.

1 Talk to us



The first step is to talk to your child's tutor or Head of Year if you have any concerns about your child, and we will do what we can to help.

We can offer:

- Breakfast club
- Quiet club
- Key worker
- Buddies
- Wellbeing Ambassadors

2 Wellbeing Co-ordinator

For more persistent concerns, our wellbeing worker can help:

- Someone to listen; a key trusted adult in school
- Gives advice on low mood, worries, friendship issues, sleep patterns
- Offers bespoke programmes
- Emotional logic interventions
- Refers students to targeted mentoring – social, emotional, mental health concerns and anxiety
- Refers students to Studio 71 Art Therapy
- Speaks with parents and teachers to ensure everyone works together.

3 External Support

Sometimes children need support from expert children's health workers:

- **School Nursing Hub** - Parents can refer directly - rde-tr.exeterphnhub@nhs.net
- **Young Devon** - yes.exeter@youngdevon.org Young Devon offers wellbeing services remotely/digitally, or in their local centre.
- **Kooth** - www.kooth.com. Kooth is an online mental wellbeing community offering free, safe and anonymous support
- **CAHMS**
- **Services based in school:**
 - School counsellor
 - Early Help Service
 - Mental Health Support Team Exeter

Who can I talk to?



We also have links to lots of excellent resources, websites and apps on the Mental Health and Wellbeing page of our website:

www.iscaexeter.co.uk/student-support/mental-health-and-wellbeing/

If you are concerned about your child, please speak to us.

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