

Mental Health

One in four people in the UK will experience mental health issues. At Fox Wood, we strive to support both pupils and staff and promote positive mental health and wellbeing with a dedicated team of staff.

- ❖ **Lucinda Duffy is a trained 'Mental Health First Aider' (MHFA).**
- ❖ Lucinda has undertaken special training to spot the signs of mental health issues in the workplace and will provide specialist and confidential support. As MHFA, Lucinda has duties to:
 - Respond to crises
 - Provide access to specialist help and support
 - Engage with employees in distress
 - Support people who have gone through traumatic experiences
- ❖ Lianne Buchanan has completed the 'Mental Health First Aid Youth Life' training which covered issues surrounding young people's mental health and enables Lianne to interact more effectively with young people living with mental health problems
- ❖ Lyndsey Phillips has completed training for 'Supporting Vulnerable Children with Mental Health', 'Bereavement for Children with SEN'
- ❖ Fox Wood has a **dedicated Wellbeing Team** led by Lyndsey Phillips. Lianne Buchanan is the SLT link. Staff kindly volunteer their time to promote both pupil and staff mental health and wellbeing by arranging specific events such as Mental Health Awareness Week, Wellbeing Week and whole school events such as the Race for Life and sponsored walks. The team were successful in achieving the Twinkl Staff Wellbeing Award in recognition of the programme they have developed and they are now working towards the Wellbeing Award which covers both pupils and staff.
- ❖ Staff can see any member of SLT, Lyndsey Phillips or the school nursing team at any time if they need help or support for themselves or for a pupil. There is **an LA run counselling service** that staff can access if they would like to.