

Provision Map – Butterwick Pinchbeck's Endowed CofE Primary

Tier 3 – National – Personalised support, high level / life threatening, professional intervention.

- **Children's Services** – Lincolnshire – 01522 782111, - **CAMHs** (617) 495-2042, - **Samaritans** – 116 123, - **Kooth** – 0800 454647, - **AL-ANON** – (204) 943-6051, - **Shout 24/7** – text SHOUT to 85258, - **Cruse Bereavement Support** – 0808 8081677, - **Young carers** – Lincs Young Carers service – 01522 553275, youngcarers@lincolnshire.gov.uk, **Here4You** helpline – 0800 2346342.

Tier 2 – Local – Targeted support, step up individuals who experience mental health challenges on a more regular/daily basis.

- **Children's Health service** 0-19, 01522 843000, bs_healthservices@lincolnshire.gov.uk, Grief & Loss counselling, Winston's Wish, Childhood Bereavement Services, - Nursing Team, - Mental Health Support Team, - BOSS, - PRT, - LCC counselling – staff, - Occupational Health, - EBSA, - Early Help, - TAC, - Healthy Minds, - Steps to Change, - FAB Parent Support – Children's and Adult/Parent mental Health, - Equine Therapy, - Here4You helpline, - **ASKSALL** – 07768 660515, - **EDEN Lincs** – 01522 510041, - **Family Services Directory** – lincolnshire.fsd.or.uk, - Educational Psychologist, - Good links (secondary) to local schools to link support across family.
- Should you wish to access any of the above support please contact – Emma Taylor – Wellbeing and Mental Health First Aid Lead, Terri Clark – Learning Mentor or Emma Rolfe – SENCO via the school office – 01205 760256.**

Tier 1 – School - Universal support, low-level incidents and concerns.

- Learning Mentor (AP), - Worry box, - Worry monsters, - Check in statements,
- Sensory Room, - Nurture Room, - Rainbow Room, - Pond and Gardens, - LAC Champion (TC), - Interventions eg Lego Therapy, Feelings detective, My Hidden Chimp (anger), Don't Worry be Happy (anxiety), What to do when you worry too much, Pants in pants, - Intervention groups eg anxiety, friendships,- Mental Health Workshops, Individual timetables, - Reduced Timetables, - Visual timetables, - Chair bands, - Wobble cushions, - Ear defenders, - Fiddle toys, - I am feel charts, - Tents, - Calm boxes, Weighted blankets, - Individual Reward Charts, - Sensory Circuits, - Good staff work / life balance, - Open door policy for staff, - First Aid Mental Health Lead, - and any other reasonable adjustments.

Tier 0 – Everyday pastoral support.

- Information / services available on website, - Policies / Code of conduct, -Staff CPD eg ACE's training,
- Annual Mental Health Weeks, - School Ethos, Vision and Values, - Open door policy, - Names staff, availability and contacts on website, - Curriculum eg Jigsaw P.S.H.E., SEMH, RE, Collective Worship, - Pupil Voice represented – school council, - Daily reflection time, Mindfulness, Garden, pond, Quiet spaces, Nurture room, sensory room, Prayer corners, reflection areas in classrooms.