

Harvills Hawthorn Provision

3 Tiers of Provision	Pupils	Families	Community
1. Universal offer	<ul style="list-style-type: none"> • ‘Lived values’ • Trauma informed ethos and environment • All staff trained in emotion-coaching • Curriculum • Assemblies inc. ‘Healthy Mind, Happy Me’ class assemblies • Nests • Safeguarding/Pastoral office available • Well-Being Hub • Trusted Adult available to all 	<ul style="list-style-type: none"> • ‘Lived values’ • Open-door policy • Clear, rigorous system of escalation through staff members, upwards if needed. • Access to Family Worker • Coffee morning • Stay & Play for pre-school age children Parenting courses (PBS, Changes, Stepping Stones and Solihull Approach) • Emails signposting and providing information • Sandwell Parents for Disabled Children • BBC Children In Need Essentials Programme • Application to Family Fund • Referral to Welfare Rights 	<ul style="list-style-type: none"> • ‘Lived values’ • Signposting to ‘the hut’ after-school play activities “Go Play” • Stay & Play for pre-school age children
2. Targeted school offer	<ul style="list-style-type: none"> • Therapeutic Mentoring and Counselling strategies • Sensory after-school club • Nutrition club after school • Specialisms of DDSLs 	<ul style="list-style-type: none"> • Referrals to: Early Help, Working Together with Families, Safer Families, Children’s centre, Health visitor, School nurse • Signposting to SENDiASS 	
3. Targeted professional offer	<ul style="list-style-type: none"> • Art Therapy • Referrals to: Building Braver Minds (previously 	<ul style="list-style-type: none"> • Family Therapy – Building Greater Relationships • ‘Helping Hands’ referrals for 	

known as Looking Forward), Breaking Silence, Black Country Women's Aid, Sandwell Healthy Minds.

- Referrals to: CAMHS, Kaleidoscope, BEAM via SPA (Single point of access)
- This is me (TIM) group sessions
- Rhi's (BeCre8tive) Art/Drama workshops (voluntary service via Kaleidoscope)
- Generation England developing leadership skills (Ash Butt)
- Generating England Innovating Youngsters programme (Ash Butt)
- Rhi's (BeCre8tive) Young Carers Club

specialist parenting courses for children on a pathway to diagnosis

- Parental consultation/supervision with Ed Psych

Support by specific theme / issue

Theme	Specific Local Support Services	National Support services	Articles with ideas / further information
<p>Anxiety Feeling Overwhelmed / Panic Attacks Feeling Angry / frustrated. Stress Low Mood / Depression CBT techniques</p>	<p>Local Directory of Services: https://route2wellbeing.info/ Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk Healthy Sandwell - https://www.healthysandwell.co.uk/activities/ Social Activity Finder https://www.healthysandwell.co.uk/strongersandwelldirectory/ Volunteer opportunities in Sandwell: https://www.letsgosandwell.info/</p>	<p>Apps: Headspace (Free trial: is American); CALM (meditation and sleep); Wysa App (provides a 'bot' chat tool alongside tools to help build confidence, manage difficult thoughts etc. It does have an optional coach tool but this must be purchased.); distrACT App – an app designed to give information, support and alternatives to self-harm behaviours Heads together https://www.headstogether.org.uk/ British Association of Counselling and Psychotherapy (BACP): https://www.bacp.co.uk/ No More Panic: www.nomorepanic.co.uk No Panic: www.nopanic.org.uk / 0844 967 4848 Anxiety UK: www.anxietyuk.org.uk Anxiety Care: www.anxietycare.org.uk Anxiety Alliance: www.anxietyalliance.org.uk Mind: www.mind.org.uk Mood trackers: www.moodscope.com/</p>	<p>https://www.mind.org.uk/information-support/coronavirus/free-online-cbt-tool-silvercloud/</p> <p>https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/controlling-anger/</p> <p>https://www.educationsupport.org.uk/resources/factsheets/i-feel-overwhelmed</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/</p> <p>https://www.tes.com/news/teacher-wellbeing-mental-health-support-ideas-advice</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/</p>

		www.moodpanda.com	
Bipolar disorder	Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk		https://www.nhs.uk/conditions/bipolar-disorder/living-with/

<p>Caring for a relative.</p> <p>Supporting a friend / family member</p> <p>Looking after children</p>	<p>Sandwell support services: https://www.bcpft.nhs.uk/services/mental-health/83-for-adults/community-services/773-sandwell-healthy-minds Wellbeing: https://route2wellbeing.info/ Supporting Family Members: https://www.familylives.org.uk/ Healthy Sandwell: https://www.healthysandwell.co.uk/ Sandwell Family Life Hub: https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page Crossroads: http://www.sandwellcrossroads.org/services/carers-assistance-line/ you can either fill out the PDF referral form and send this to CAL@sandwellcrossroads.org, fill out the online enquiry form or call us on 0121 803 6830 and one of our advisors will help you.</p>	<p>www.carersuk.org www.ageuk.org.uk Rethink Advice and Information Service: 0300 5000 927 Carers Trust: www.carers.org/ / 0844 800 4361 / support@carers.org Supporting Family Members: https://www.familylives.org.uk/ Family Action: www.family-action.org.uk/ / 0207 254 6251 Carers UK: www.carersuk.org/ / 08008 808 7777 (10am-4pm Monday to Friday)</p>	<p>https://www.time-to-change.org.uk/coronavirus https://www.mind.org.uk/information-support/helping-someone-else/</p>
<p>Debt Management and Financial Support</p>	<p>https://citizensadvicesandwell.org.uk/ https://sandwell.betteroff.org.uk/#/home</p>	<p>Debt support: www.nationaldebtline.org/ / 0808 8084000 https://www.citizensadvice.org.uk/debt-and-money/ Step Change https://www.stepchange.org/ Government Advice Service: https://www.moneyadviceservice.org.uk/en Scams: Citizens Advice Scam Action: https://www.citizensadvice.org.uk/consumer/scams/get-help-with-online-scams/</p>	<p>https://www.sandwell.gov.uk/info/200145/benefits_and_grants/4484/covid-19_frauds_and_scams</p>

<p>Eating Disorders</p>	<p>Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk</p>	<p>Adult Helpline: 0808 801 0677 / www.b-eat.co.uk National Centre for Eating Disorders: www.eating-disorders.org.uk / 0845 8382040 Apps: distrACT App – an app designed to give information, support and alternatives to self-harm behaviours ABC (Anorexia and Bulimia Care): www.anorexiabulimiacare.org.uk Men Get Eating Disorders Too: www.mengetedstoo.co.uk</p>	<p>https://www.nhs.uk/conditions/eating-disorders/</p>
<p>Gambling</p>		<p>GamCare: www.gamcare.org.uk Gamblers Anonymous (Will signpost to local groups): https://www.gamblersanonymous.org.uk/</p>	<p>https://www.nhs.uk/live-well/healthy-body/gambling-addiction/</p>
<p>Grief and Bereavement</p>	<p>Cruise Bereavement Care (Sandwell and Walsall) - Phone: 0121 558 1798 / Email: sandwell@cruse.org.uk Sandwell Bereavement Services - Phone: 0121 569 6700 / Email: bereavement_services@sandwell.gov.uk Walsall Bereavement Support Service- Adults: Phone: 01922 724841 Email: admin@wbss.org.uk Children: 01922 645035 /Email: children@wbss.org.uk Beyond The Horizon Charity, Birmingham Phone:0121 444 5454 / Email: admin@beyondthehorizon.org.uk</p>	<p>Cruse Bereavement Care: www.cruse.org.uk / 0808 8081677 Survivors of Bereavement by Suicide: www.uksobs.org/ 0300 1115065 Grief Encounter - Phone: 0808 802 0111 / Website: griefencounter.org.uk Citizens Advice Bureau: https://www.citizensadvice.org.uk/family/</p>	<p>https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/ https://www.dyingmatters.org/ https://www.widowedandyoung.org.uk/ (widowed under 50 years old)</p>

<p>Loneliness / feeling disconnected.</p>	<p>Speak to your GP about social prescribing activities or: https://www.healthysandwell.co.uk/strongersandwelldirectory/ Connect with your colleagues and friends where possible. Check local activity groups that links to your hobbies and interests. https://route2wellbeing.info/browse/11/social-activities.html Birmingham Healthy Minds (if Bhm based) Volunteer opportunities in Sandwell: https://www.letsgosandwell.info/</p>		<p>https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/</p>
<p>Menopause</p>		<p>www.menopausesupport.co.uk www.menopausematters.co.uk</p>	<p>www.nhs.uk/conditions/menopause</p>
<p>Mindfulness / Meditation</p>	<p>Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk Check local post offices / supermarkets / community centres / library for local projects and classes around this.</p>	<p>List of NHS recommended Apps: https://www.nhs.uk/apps-library/category/mental-health/</p>	<p>https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/</p>
<p>OCD</p>	<p>Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk</p>	<p>OCD Action: www.ocdaction.org.uk OCD-UK: www.ocduk.org Triumph over Phobia: www.topuk.org</p>	<p>https://www.nhs.uk/conditions/obsessive-compulsive-disorder-ocd/</p>

<p>Relationship Abuse</p>	<p>Black Country Women's Aid: https://blackcountrywomensaid.co.uk/</p>	<p>Women's Aid (National centre): www.womensaid.org.uk / 0808 2000247 https://www.citizensadvice.org.uk/family/ Police in emergency situations. Your Doctor, Nurse or Midwife. Support for Men: https://www.mankind.org.uk - 01823 334244 / Men's Advice Line 0808 8010 327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) Support for Women: The Freephone National Domestic Abuse Helpline / Refuge: 0808 2000 247 LGBT+ Galop on 0800 999 5428 Karma Nirvana (forced marriage / honour crimes) 0800 5999 247 (Monday to Friday 9am to 5pm) / Government Forced Marriage Unit 020 7008 0151</p>	<p>https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/</p>
<p>Relationship breakdown</p>		<p>www.relate.org.uk / 0300 1001234 https://www.citizensadvice.org.uk/family/</p>	
<p>Routes to wellbeing / General apps and services (Wellbeing)</p>	<p>Local Directory of Services: https://route2wellbeing.info/ Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk Healthy Sandwell https://www.healthysandwell.co.uk/ Social Activity Finder: https://www.healthysandwell.co.uk/strongers</p>		<p>https://www.nhs.uk/conditions/stress-anxiety-depression/ Mood Self-Assessment Tool: https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/ List of NHS recommended Apps: https://www.nhs.uk/apps-library/category/mental-health/</p>

	andwelldirectory/		Wellbeing Podcasts: www.mentalhealth.org.uk/podcasts-and-videos
Self Harm	Your own GP NHS 111 Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk	Self-Harm UK: www.selfharm.co.uk National Self-Harm Network: www.nshn.co.uk Samaritans CALM HARM App: This is targeted at teenagers but is available for all ages and provides delaying/distraction techniques. distrACT App – an app designed to give information, support and alternatives to self-harm behaviours	https://www.nhs.uk/conditions/self-harm/
Sleep	Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk	www.sleepcouncil.org.uk	Advice: https://www.nhs.uk/live-well/sleep-and-tiredness/ Sleep Apps: https://www.nhs.uk/apps-library/category/sleep/ See list of low cost wellbeing/self help ideas.

<p>Substance misuse (Drugs, Alcohol and Smoking)</p>	<p>Cranstoun Sandwell - 0121 5531333 (or search Cranstoun Sandwell) Everyone Health - Smoking: 0333 0050095 https://sandwell.everyonehealth.co.uk/ Healthy Sandwell https://www.healthysandwell.co.uk/</p>	<p>Alcoholics Anonymous: 0800 9177 650 www.alcoholics-anonymous.org.uk</p> <p>Talk to Frank: 24/7 support line - 0300 1236600. Text: 82111 Website: www.talktofrank.com Addaction: www.addaction.org.uk Adfam: www.adfam.org.uk Al-Anon Family Groups UK: www.al-anonuk.org.uk Alcoholics Anonymous: www.alcoholics-anonymous.org.uk Alcohol Concern: www.alcoholconcern.org.uk Alcohol Health Network: www.alcoholhealthnetwork.org.uk Drinkaware: www.drinkaware.co.uk</p>	<p>Alcohol: https://www.nhs.uk/conditions/alcohol-misuse/ Addiction Advice: https://www.nhs.uk/live-well/healthy-body/addiction-what-is-it/</p>
<p>Suicidal Thoughts</p>	<p>Your own GP Accident and Emergency Services NHS 111 Support service for under 25 year old's with a Birmingham GP: www.forwardthinking.org.uk</p>	<p>Samaritans</p>	<p>https://www.nhs.uk/conditions/suicide/</p>
<p>Tenancy support</p>	<p>https://www.sandwell.gov.uk/info/200223/housing/2487/housing_help_and_advice https://sandwell.betteroff.org.uk/home</p>	<p>https://www.citizensadvice.org.uk/housing/renting-a-home/ https://www.nhas.org.uk/ https://www.gov.uk/repossession http://england.shelter.org.uk</p>	