

# Early Help

Early help is providing support as soon as a problem emerges at any point in a child's life.

There are occasions when it is beneficial for school to work with other professionals and agencies outside of school, to provide as much support for your child or family as possible.

One form of early help is an Early Support Assessment (ESA). This is a plan, led by school and often involves different agencies to identify what this support is available and how this may look.

Below are the other types of support available in school.

## Take 5!

We all have questions about our feelings, thoughts and mental health from time to time.

The information below will help you out how you can be supported in and out of school.

<b>1</b>	<b>I want to find things out to help myself...</b>	<ul style="list-style-type: none"><li>• Visit <a href="https://www.mentalhealth.org.uk/">https://www.mentalhealth.org.uk/</a> to access support for your mental health</li><li>• Visit <a href="https://www.onyourmind.org.uk/">https://www.onyourmind.org.uk/</a> to access a new Wiltshire mental health helpline.</li><li>• See a member of the pastoral team for options of helpful information.</li></ul>
<b>2</b>	<b>I'd like my parents / carers to get involved...</b>	<ul style="list-style-type: none"><li>• Visit the <a href="#">Wiltshire family hub</a> website for access to support for parents and families.</li><li>• Speak to a trusted adult (such as your tutor or a member of the pastoral team) if you would like support speaking to your parents or carers.</li></ul>
<b>3</b>	<b>I'd like to have someone to chat to...</b>	<ul style="list-style-type: none"><li>• Find a member of the safeguarding team. These are staff who are ready to help! The list can be found on the safeguarding posters around the school.</li><li>• A Wiltshire School Health Nurse holds a 'drop-in' at Pewsey every Thursday at lunchtime. You can find her in the wellbeing room.</li></ul>
<b>4</b>	<b>I'd like some 121 sessions...</b>	<ul style="list-style-type: none"><li>• Wiltshire have Mental Health Support Teams that we can make a referral to. Please speak to a member of the pastoral team to see if this would be appropriate.</li><li>• We have <b>ELSAs</b> (who can help you learn about and manage emotions). Speak to Mr Robinson if you are interested.</li></ul>
<b>5</b>	<b>I've tried the above but need more support...</b>	<ul style="list-style-type: none"><li>• We have access to a <b>CAMHS consultation service</b> who can give advice on mental health and wellbeing in children and young people.</li><li>• If you have concerns or want to know the drop-in times, please speak to a member of the pastoral team about making a referral or showing you where to go.</li></ul>