



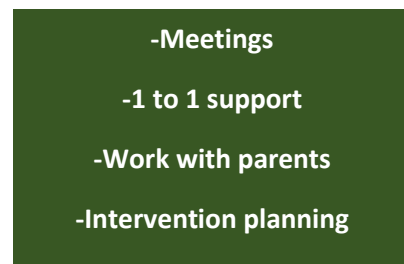
## Mental Health First Aiders at Thomas Telford School



The Mental Health First aiders at Thomas Telford School provide support to a range of students from across all year groups. Along with the support from the safeguarding and pastoral teams, our mental health first aiders meet students who have been identified as needing support. Early recognition and appropriate help-seeking will only occur if young people and their "supporters" (family, teachers, and friends) know about the early changes brought about by mental disorders, the best types of help available, and how to access this help. It is also important that the supporters know how to provide appropriate first aid and ongoing help. Such knowledge and skills have been termed "mental health literacy".

### The First Aid team will follow our simple guidance:

- A: Approach, assess, assist
- L: Listen and communicate non-judgementally
- G: Give support and information
- E: Encourage the young person to talk and share emotions
- E: Encourage other supports
- S: Share all information with the Safeguarding team.



Referrals to the MHFA team will be made by the Designated Safeguarding Leads or the Heads of Key Stage. Communication between all involved is crucial and the team will work together to ensure that the appropriate level of support is put in place.

## Providing multiple levels of support

