









**Referrals**

Referrals are required for children to access:

* CAMHS
* Mental Health Support Team
* 1:1 or group nurture or social support

Please discuss any concerns around SEMH with the class teacher, Nurture Lead or SENCO.

Please note that schools can only refer when service thresholds are met. Parent referrals can be made via the GP, using the Right to Choose Pathway.

Weekly intervention for up to 12 weeks

Some children may be affected by mild to moderate mental health needs and will be referred to the Mental Health Support Team for short-term intervention.

Positive relationships are at the heart of everything we do. Our Behaviour Policy and Wellbeing Curriculum is carefully planned to support all children’s social and emotional development. This enables positive relationships, recognition of stress responses in themselves and others, and ensures they are ready to learn. SEMH trackers assess children who may benefit from additional support.

**Class strategies**

Weekly intervention for up to 6 weeks

Some children benefit from 1:1 or small group support with our Nurture Lead. We use screening tools to identify an intervention that will best support them. These include nurture support, Lunch and Playtime Club, Worry-Tree groups, 1:1 checks ins and social skills support such as Talkabout or Time to Talk.

A few children may need a referral to request specialist support from East Sussex CAMHS (Child and Adolescent Health Services)

**Social, Emotional and Mental Health needs (SEMH)**

**Group or 1:1 support**

**Social, Emotional and Mental Health Difficulties (SEMH)**

The SEND Code of Practice defines this as: ‘Children and young people [who] may experience a wide range of…difficulties which manifest themselves in many ways. These may include becoming withdrawn or isolated, as well as displaying challenging, disruptive or disturbing behaviour. These behaviours may reflect underlying mental health difficulties such as anxiety or depression, self-harming, substance misuse, eating disorders or physical symptoms that are medically unexplained. Other children and young people may have disorders such as attention deficit disorder, attention deficit hyperactive disorder or attachment disorder.’

**Group or 1:1 support**

**CAMHS**

 