

# Mental Wellbeing Strategy

#HappyHealthySafe

## Vision

As a Trust, we are committed to:

- adopting a whole-trust approach to mental wellbeing;
- helping children and young people to flourish, learn and succeed by providing opportunities for them, and the adults around them, to develop the strengths and coping skills that underpin resilience;
- creating communities who understand that mental wellbeing is everyone's priority;
- providing comprehensive education, training and support to raise awareness and equip both young people and adults with the knowledge to support mental wellbeing; and
- supporting every member in our family of schools to lead a life that is happy, healthy and safe.

## Mental Wellbeing Strands

### Openness & Awareness

Our aim is to create a culture of mental wellbeing that is non-judgemental and where it is OK to talk about how we feel. It is important to be able to identify the early signs and symptoms of mental illness and signpost and support accordingly. We will promote positive and health lifestyles across our Trust.

### Student Curriculum

The Trust's rich and diverse curriculum and enrichment offer will teach children and young people how to develop their character to build resilience, increase confidence and foster independence in order to lead mentally and physically healthy lives. We will work with our children and young people to understand the most relevant areas affecting their wellbeing.

### Staff Training & Development

We will offer a comprehensive staff training and development programme drawing on expertise from within OGAT and beyond. This will be available to all staff within the Trust to empower them to support children, young people and colleagues.

### Inclusion & Diversity

We recognise that some groups are more prone to mental health issues than others. We will focus on and are committed to supporting these groups to lead happy and healthy lives.

### Suicide Safer Communities

Suicide is the leading cause of death among young people. We all have a responsibility to protect life and therefore we will ensure that suicide awareness is a shared responsibility and priority across the Trust.

## Culture

The strands above build on the foundation of a culture that is consistent in its approach to mental wellbeing.

*"This should involve providing a structured school environment with clear expectations of behaviour, well communicated social norms and routines, which are reinforced with highly consistent consequence systems. This should be paired with an individualised graduated response when the behavioural issues might be a result of educational, mental health, other needs or vulnerabilities."*

[DfE Mental Health and Behaviour In Schools, November 2018]

**Be Safe. Be Respectful. Be Responsible.**