

## Summary of Mental Health & Wellbeing Services at Woodbridge High School

| Type                     | Provider(s)  | What it involves   |
|--------------------------|--|--|
| <b>Counselling</b>       | <p style="text-align: center;"><b>Psychotherapists</b></p> <p style="text-align: center;"><b>Volunteer Qualified Counsellors</b></p> <p style="text-align: center;"><b>Trainee Counsellors</b></p> | <p>Psychotherapists leading the WHS counselling service offer provision for the most at risk students, typically those who have experienced trauma, present with suicidal ideation or self-harm.</p> <p>Volunteer counsellors might also work with these issues but largely support students dealing with anxiety, depression, loss and difficult family/peer relationships. There can be close contact between our counsellors and wider mental health services such as CAMHS, with the potential to liaise or refer cases where appropriate.</p> <p>The counselling model integrates talking therapy alongside creative, play and art-based approaches, especially in cases where there is early developmental trauma. There is potential for family work if the case requires it.</p> <p><b>Typical Duration: 6-12 weeks,30 min/1 hr sessions</b></p> |
| <b>Mentoring</b>         | <p style="text-align: center;"><b>Mentor Coordinator</b></p> <p style="text-align: center;"><b>Staff/volunteer mentors</b></p>   | <p>Mentoring is a process where the pupil is able to develop a one to one informal relationship with a Mentor and agree achievable goals and targets to work towards, such as:</p> <ul style="list-style-type: none"> <li>• raising esteem and developing social skills</li> <li>• enhancing communication skills</li> <li>• raising aspirations academically and personally.</li> <li>• improving focus in classroom settings.</li> <li>• improving behaviour in classroom settings</li> <li>• building positive relationships</li> <li>• developing positive attitudes.</li> </ul> <p><b>Mentoring will take place weekly over a set period of time, usually 6-12 weeks, 30 min sessions</b></p>   |
| <b>Art Therapy</b>       | <p style="text-align: center;"><b>Art therapy trainee</b></p>  | <p>Art Therapy offers an opportunity to explore intense or painful thoughts and feelings. Through art, students often create visual representations of emotion or experience.</p> <p>It is a safe way to express strong and sometimes destructive feelings. It can be used for stress and anxiety management; to enhance communication; to explore change.</p> <p>It is of particular benefit to students who have early developmental interruption or experience difficulties with written and verbal communication. Sometimes, 'there just aren't the right words', art therapy unlike talking therapies is not constrained by language and can be a good fit for students with EAL.</p> <p><b>1 hr sessions</b></p>   |
| <b>Peer mentoring</b>    | <p style="text-align: center;"><b>Trainee counsellor/school mentor</b></p>   | <p>A weekly programme where students meet and address goals with an older student. The sessions allow students to gain confidence when talking to others, build bonds and communicate freely. Sessions are revised on a half termly basis.</p>   |
| <b>Chill Out Zone</b>    | <p style="text-align: center;"><b>Trainee counsellor/school mentor</b></p> <p style="text-align: center;"><b>Outreach Teacher</b></p>  | <p>A weekly club, offering a place for students with social issues to come and talk, play games, use art and crafts or just chill out with the Therapy dog. We also have short mindfulness sessions to allow students time to relax. Chill out zone is a way for students to have peer interaction and communication. A dedicated time where students can discuss any concerns in a supportive environment and make new friends across the school.</p>   |
| <b>Well- Being Group</b> | <p style="text-align: center;"><b>Trainee counsellor/school mentor</b></p>   | <p>A weekly group offering friendly support for KS3 students. The group is run by year 11 students and overseen by a member of the inclusion department. The group offers a place for students to share any worries or anxieties with older students who try to offer guidance and encouragement.</p>  |