



EMET Mental Health and Wellbeing Support

A supportive guide to navigating the SEND system and education with EMET, for parents and students



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EMET's Vision for Mental Health and Wellbeing

At East Midlands Education Trust, we believe that emotional wellbeing is the foundation for learning, personal growth, and lifelong success. Every child and young person deserves to feel safe, valued, and supported - both in and beyond the classroom.

Our vision is for every student to:

- Develop a strong sense of self-worth and belonging within their school community.
- Build the emotional literacy and resilience needed to navigate life's challenges.
- Access timely, graduated support that adapts to their individual needs.
- Be empowered to use their voice, make choices, and shape their own wellbeing journey.

Our Aim

To ensure all children and young people within EMET schools can **thrive academically, socially, and emotionally** through a consistent, trust-wide approach that:

- Embeds a whole-school wellbeing culture grounded in positive relationships and inclusion.
- Equips staff with the confidence and skills to recognise and respond to early signs of need.
- Promotes partnership with families, health, and social care to deliver the right help at the right time.
- Champions prevention, early intervention, and a flexible step-up/step-down model of emotional support.

In essence...

“Every child deserves to feel seen, heard, and supported - to be emotionally ready to learn and equipped for life beyond school.”



How to Spot the Signs That Your Child May Be Struggling with Their Mental Health

Every child has ups and downs - but if you notice changes that last for a few weeks or seem to affect everyday life, it may be a sign that your child needs some extra help and support.

Trust your instincts - you know your child best.

Emotional Signs

- Becoming more withdrawn, sad, tearful, or anxious than usual
- Seeming irritable, angry, or easily frustrated
- Expressing negative thoughts about themselves (“I’m useless”, “No one likes me”)
- Finding it hard to relax or enjoy things they used to love

Behavioural Signs

- Avoiding school, friends, or family activities
- Sudden changes in sleep or eating patterns
- Drop in motivation, concentration, or schoolwork
- Acting out, becoming aggressive, or showing risk-taking behaviour

Physical Signs

- Frequent headaches, stomach aches, or feeling unwell without a clear cause
- Tiredness or changes in energy levels
- Restlessness, pacing, or fidgeting more than usual

What You Can Do

- Talk openly and listen — let your child know you’ve noticed they don’t seem themselves and you’re there to help.
- Keep routines — regular sleep, meals, and activity help with stability and calm.
- Share concerns — speak to your child’s school, pastoral lead, or SENCO.
- Reach out for support — trusted organisations like NottAlone, YoungMinds, Mind, or your GP can offer guidance.

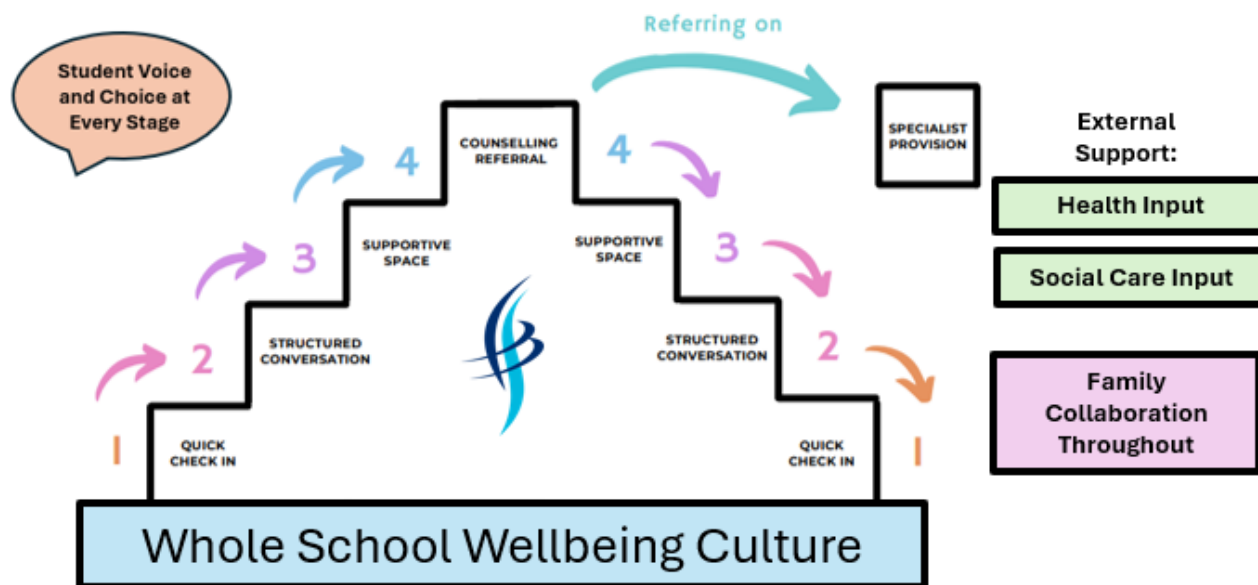


“Small changes in mood or behaviour can be early signs that something isn’t right — noticing them early and reaching out for support makes a real difference.”



Step Up–Step Down Tiered Provision Model

A flexible model of emotional support that adapts to each student's changing needs.



The EMET Step Up–Step Down model shows how emotional support grows and adapts around each young person's changing needs. Every school builds from a strong whole-school wellbeing culture, with quick check-ins and structured conversations forming the first steps of help. Support can be stepped up when a student needs more time or space or stepped down gradually as confidence and independence grow. At every stage, students have a voice in shaping their support, families are active partners, and schools work closely with health and social care professionals to ensure no young person faces their challenges alone.

EMET Step-Based Approach to Emotional Wellbeing Support

Whole-School Universal Provision (the foundation)

Our whole-school approach promotes a strong wellbeing culture where relationships come first. Every interaction matters, and staff use relational strategies, trauma-informed practice, and emotional literacy to help students feel safe, seen, and supported.



Step 1 – Quick Check-Ins

Brief, informal moments of connection that help staff notice how a student is feeling. These check-ins build trust, provide emotional containment, and offer a first opportunity to identify changes in wellbeing early.



Step 2 – Structured Conversations

A more focused dialogue where a trusted adult uses active listening and open questions to explore what's happening for the student. This may include *'mapping the landscape'* — identifying triggers, strengths, and possible next steps together.



Step 3 – Supportive Space

Regular 1:1 or small-group sessions offering emotional support, co-regulation, and practical strategies. This may include evidence-based programmes such as *ELSA* or mentoring, focused on helping the student develop resilience, confidence, and coping tools.



Step 4 – Counselling or Specialist Support

For students who need more targeted help, access is provided to in-house or external counselling and, where appropriate, referrals to specialist services such as CAMHS or Educational Psychology. This step involves continued family collaboration and a clear plan for stepping down when ready.





Mental Health and Wellbeing for Children and young People with SEND

Children and young people with SEND can be more likely to experience difficulties with their mental health and wellbeing.

This can happen for many reasons. Some may find it harder to explain how they feel, manage change, or cope with everyday challenges at school and home. Others might struggle with friendships, sensory overload, or feeling misunderstood.

These experiences can sometimes lead to stress, anxiety, or low self-esteem - especially if the right support isn't in place early enough.

Families often face extra pressures too, as they work hard to find the right help and navigate different services. That's why it's so important to notice the early signs, listen carefully, and create safe, supportive environments where every child with SEND feels valued, included, and able to flourish.

SEND and Mental Health: Key Statistics

One in four children and young people aged 11 to 16 with a mental health disorder have a primary special educational need.

Almost half (49%) of children and young people with probable mental disorders have long-term physical or developmental conditions.

18% of children with SEND aged 7 to 16 have a diagnosed mental health condition.

In the past two years, 12% of children with SEND aged 5 to 16 experienced a probable mental disorder

Source: Mental Health of Children and Young People in England, 2023-24



Mental Health and Wellbeing Support: You're Not Alone

It's completely normal to feel overwhelmed or anxious. Remember, you're not alone, and there are many people and organisations ready to support you:

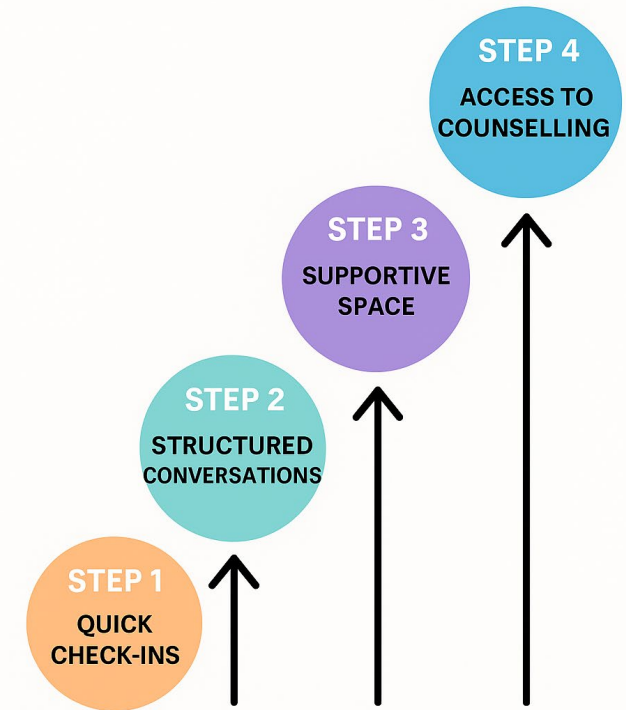
- Your parents/carers
- Your **pastoral team** is here to listen if you're worried, stressed, or just need to talk.
- Your **school** can explain what support is available.
- Your **teachers and TAs** want to help you do your best – don't be afraid to ask questions or say what's not working

- Remember, seeking help is a sign of strength. If you're feeling stressed, anxious, or just need someone to talk to, reach out to your pastoral lead, SENCO, or a trusted adult. They're there to support you.
- Additionally, these organizations are equipped to provide the assistance you might need. Don't hesitate to contact them or explore their resources.
- Your wellbeing is important, and there are many avenues of support available to ensure you thrive during your school journey.

Click on your location to see the services you can access for further support:



EMOTIONAL SUPPORT ROADMAP



UNIVERSAL PROVISION

Relational strategies, relationships based



Nottinghamshire



NottAlone

NottAlone is a website made especially for young people living in Nottingham and Nottinghamshire. It's full of advice, videos, and real-life stories to help you understand and take care of your mental health.

You can find support for:

- Feeling anxious or low
- Struggles with school or friendships
- Worries about exams
- Self-harm or bullying
- Finding confidence and self-esteem

It also shows you where to get help locally. Whether you want to read something helpful or contact a service, it's all in one place. If it's urgent, there's a 24/7 mental health helpline you can call: **0808 196 3779**.

The NottAlone Podcast:

Real talk about mental health: Join Dr. Órlaith Green and Dr. Maddi Popoola, co-founders of NottAlone, for open and honest conversations about mental health on *The NottAlone Podcast*.

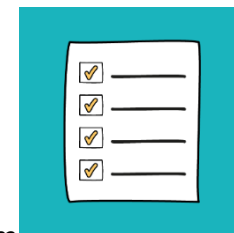
Each episode shares real stories, practical advice, and insights from local professionals and advocates across Nottingham and Nottinghamshire — covering everything from childhood resilience and anxiety to school attendance, neurodivergence, and finding joy in everyday activities.

Breaking stigma, normalising conversation, and connecting you to free local support — because whatever you're facing, you're not alone.



Be U Notts offers **free support** to children and young people (up to age 25) in Nottingham and Nottinghamshire. You don't have to wait until things feel really bad — Be U is there to help early on.

- You can get:
 - One-to-one chats with a counsellor (online or in person)
 - Group sessions with other young people
 - Help with things like anxiety, low mood, exam stress, or self-harm
 - Support if you're finding it hard to talk to people at home or school
- If you're over 12, you can refer yourself — just fill in a quick form on their website. Or ask a parent, carer, teacher or TA to help.
- You can also call them on **0115 708 0008** to talk it through.

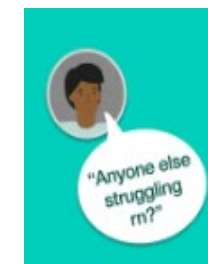


If you're aged 12+, fill in a **Referral Form**



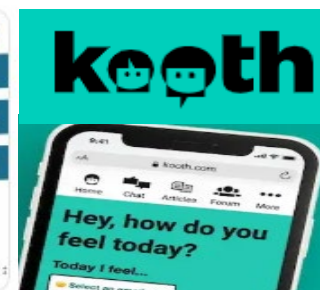
A judgement-free forum to get advice, help others and share your story

An anonymous online platform where you can chat to counsellors, read advice, and share your story in a safe space. It's free, open every day, and available for anyone aged 11–25.





Leicestershire



Offers a range of support for mental health and overall wellbeing, including information for parents, carers, and professionals. [Leicestershire Partnership NHS Trust](https://www.leicestershirepartnershipnhs.uk)

Health for Teens – Leicestershire

Provides information, support, and advice on feelings and mental health from various services available across Leicester. healthforteens.co.uk

Kooth

An anonymous online platform where you can chat to counsellors, read advice, and share your story in a safe space. It's free, open every day, and available for anyone aged 11–25.

My Self-Referral – Mental Health Support Website

A new self-referral website to support the mental health of children and young people living in Leicester, Leicestershire, and Rutland. [Leicestershire Partnership NHSTrust+7charnwoodcommunitymedicalgroup.co.uk](https://www.leicestershirepartnershipnhs.uk)
[+7Leicestershire Partnership NHS Trust+7](https://www.leicestershirepartnershipnhs.uk)

CAMHS (Child and Adolescent Mental Health Services)

A specialist service offering mental health assessment and intervention to children and young people (up to the age of 18years) who need more help with their mental health. [Leicestershire Partnership NHS Trust](https://www.leicestershirepartnershipnhs.uk)



Derby City & Derbyshire



Derby City Council



[Derbyshire Healthcare NHS Foundation Trust](#)

This NHS Trust supports young people with mental health needs, including autism and ADHD. They offer in-school, community, and specialist help.

[Derby and Derbyshire Emotional Health and Wellbeing Website](#)

This site is made for young people, parents and professionals. It offers advice on how to cope with feelings like stress or sadness, and links you to the right local support.

[Compass Changing Lives](#)

This free service gives one-to-one support and group sessions for children and young people struggling with mental health. You can be referred through your school, a trusted adult, or self-refer.

[Derby City Life Links](#)

If you live in Derby City, Life Links offers mental health support including peer groups, one-to-one sessions, and help setting goals for recovery and confidence.

[Kooth](#)

An anonymous online platform where you can chat to counsellors, read advice, and share your story in a safe space. It's free, open every day, and available for anyone aged 11–25.



Where can I find support?



Useful contacts – for 11-18 year olds

If you're aged between 11 and 18, this page lists organisations and services that can offer you information and support.



If you feel overwhelmed, or like you want to hurt yourself or someone else, you can:

- Text **SHOUT** to [85258](tel:85258) to contact the [Shout textline](#)
- Call [HOPELINE247](tel:08000684141) on [0800 068 4141](tel:08000684141) or the **NHS** on [111](tel:111) and select **option 2**
- Contact [Childline](#) by using [1-2-1 chat](#) or calling [0800 1111](tel:08001111)

If you feel like you may try to attempt suicide, or you or someone else is seriously hurt, this is an emergency. You should:

- Call [999](tel:999) and ask for an ambulance
- Tell an adult you trust and ask them to call [999](tel:999) for help

YOUNGMINDS

We are here for you

From practical advice and helping you find support, to campaigning for change



**CAMPAIGN
AGAINST
LIVING
MISERABLY**

☎ 0800 58 58 58

💬 LIVECHAT

💬 WHATSAPP

WE'RE CALM, AND WE'RE A SUICIDE PREVENTION CHARITY.

We're here to help you find the support you need.

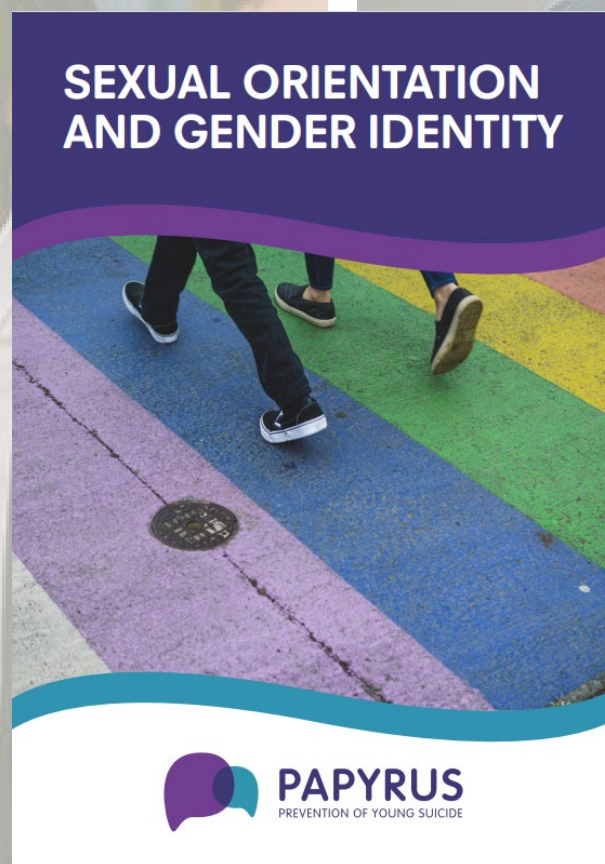
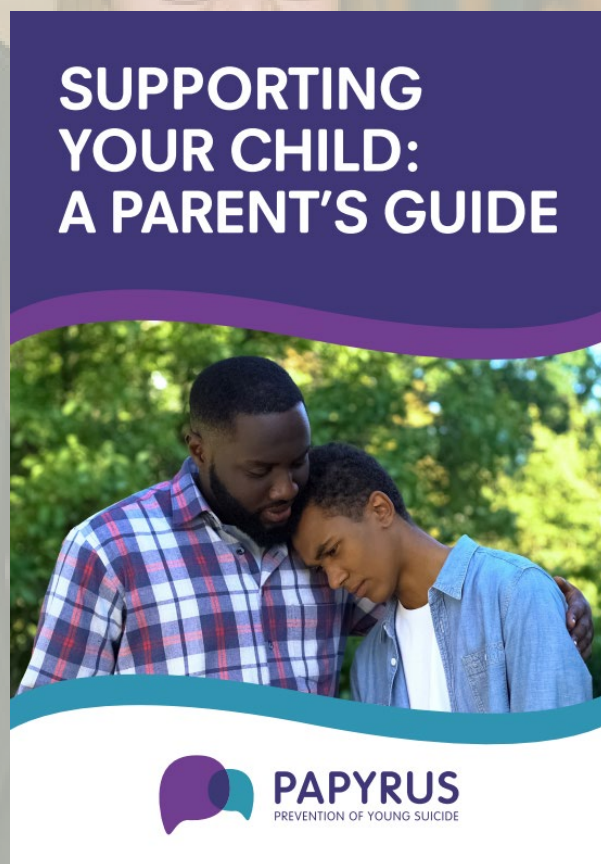
We're here for everyone who's struggling and to provide life-saving support for anyone affected by suicide or suicidal thoughts.



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Where can I find support?





Free resources & downloads



For under fives

The Early Years & Prevention department is a multi-disciplinary team of mental health professionals.



Resources for families

Advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or wellbeing.



Support for children and adolescents

The Child and Adolescent Psychotherapy Team (CPS) is here to help children and young people up to the age of 25 (in our team we work with 4-25).