St Peter's Droitwich CofE Academy

Critical incident support

Events happen which can shake our belief in what a safe world looks like. It is important for us as a community to recognise and respect confidentiality and to consider how we manage distressing information, especially for the wellbeing of our children.

As individuals we process shock in different ways and grieve in different ways, but what is most important is that we are sensitive to everyone and that we are kind and there for each other.

In school, children and adults always have someone to talk to and to listen. Mental wellbeing and trauma informed approaches are valued and practiced here at St Peter's. Class teachers, school leaders and teaching assistants are emotionally available people who will acknowledge any sadness and worries shared by children and provide a listening ear.

We work with the support of Educational Psychologist Dr Sarah Kellett and the Trauma Informed Schools UK team. Whilst teachers and school staff are not therapists, they are well placed to be therapeutic and provide a supportive environment for children to aid recovery.

SAFE: The critical incident may have changed the way that they see the world, themselves and others, and things may appear very unsafe. For children in particular, returning to familiar routines and structures, and maximising consistency can really help them to feel safe again.

CALM: After a stressful event, most people can return to their resting level of arousal. But after a critical incident, some people may stay on a high state of alert. Those working in educational communities are often already brilliant at helping children and young people to regulate their emotions.

CONNECTED: Some may feel very isolated and alone, they may even actively withdraw from others. And yet connection, relationships and social support can be crucial components that will help them get through critical incidents. Schools are well placed to identify those children, young people, families and staff who may be becoming isolated, and it can be particularly helpful to invest time and energy in enhancing opportunities for connection.

CONTROL: The belief that we can exert a positive influence over events around us can be broken, but helping children to take control of events in their lives is important, even if this is participating in creating a plan of routines for the day or week together.

HOPE: Without minimising or dismissing people's views about how awful the event may have been, it can be helpful to balance things with something of a positive view about the future.

(Information is taken from Anna Freud National Centre for Children and Families, https://www.annafreud.org/)

Wellbeing resources for children

Links to wellbeing resources on the internet:

Children's and young people's mental wellbeing | Worcestershire County Council

Support with mental health and wellbeing | Starting Well (startingwellworcs.nhs.uk)

Wellbeing resources for adults

Links to Wellbeing Resources on the Internet:

Mental and emotional wellbeing | Worcestershire County Council

NHS Every Mind Matters - https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/

Mind - Provide advice and support to empower anyone experiencing a mental health problem.

Cruse Bereavement Care - Offers support with bereavement and grief. There is a freephone helpline to access support: 0808 808 1677

St Richards Hospice Worcester - 01905 763963 We aim to improve patients' quality of life, helping them to live as fully as they can to the end of their lives, however long that may be. We work with other health-care partners to prevent crisis intervention and hospital admissions where possible.

Samaritans UK - Samaritans | Every life lost to suicide is a tragedy | Here to listen. Whatever you're going through, you can call them any time, from any phone for FREE: 116 123 or email jo@samaritans.org (24 hour response rate)

Anxiety UK - National charity helping people with Anxiety - Anxiety UK

SHOUT – Confidential 24/7 free texting service for someone who may be in a crisis situation. Text **85258**

Action for happiness**;** a less medical looking site, with helpful ideas to feel better. Action for Happiness. 10 Days of Happiness is a free online program to boost your wellbeing, through daily actions for happier living. It is designed for challenging times, based on the latest research from positive psychology, neuroscience, and behavioural science. And it takes just a few minutes each day!

Qwell: a brand new provision partly sponsored by Public health here in the county. This is a totally confidential site with resources, counselling 24 hours a day, emergency support and a chat forum available to anyone who signs up. The user is entirely anonymous on the site and it is moderated by professionals in the health space.

Hub of Hope is a web page and an app with outlining local mental health support based on postcode, enabling the person affected to consider all options available and choose most appropriate support.

Upcoming Walks - Mental Health Mates - Mental Health Mates is a network of peer support groups IRL and online, run by people who experience their own mental health issues, meeting regularly to walk, connect and share without fear or judgement. With Walks across the United Kingdom, Mental Health Mates has become a thriving community that only continues to grow!

- If you're struggling and you have been for a couple of weeks, visit your GP or visit the Healthy Minds Website
- If you need urgent help, call the Urgent Mental Health 24/7 Helpline on 0808 196 9127 or call free day or night **116 123** to speak to a Samaritan

NHS Every Mind Matters - https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/