Mental Health and Wellbeing Policy - Students

Brighton Grammar School plays a vital role in supporting the mental health and wellbeing of all students in an inclusive learning environment. The School has a responsibility to effectively promote the mental health and wellbeing of students and to support students with mental health difficulties.

Purpose

This purpose of this policy is to outline the support mechanisms available to students who may be suffering from mental health difficulties and to document the process to be followed should a student be deemed to be at risk either to himself or to the School Community.

Definition

For the purposes of this document, mental health is defined as a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Support Systems for Students

Brighton Grammar School has three qualified psychologists (School Counsellors) on staff to assist both students and staff who may be suffering from mental health difficulties arising out of their school or personal lives. Any member of staff can refer a student to see the School Counsellor or a student may request an appointment with the School Counsellor.

The School has a robust pastoral care system for students which includes the house system, form teachers, year level co-ordinators and the availability of Chaplains in all three campuses. Students are encouraged to speak with any staff member should they be have concerns or worries, however the staff member should refer that student to the School Counsellor should they feel the student is suffering from mental health difficulties.

The School makes available various programs throughout different year levels including peer support, peer counselling, anti-bullying, cyber bulling and resiliency programs. Parent seminars on such topics are also run to assist parents/guardians in supporting their son’s wellbeing and positive mental health.

At Risk Students

If a student is thought to be at risk of self harm or the harming of others, the following steps are to be taken immediately.

- The concerned staff member is to immediately consult with and/or inform the School Counsellor of the issue and arrange for the student to speak with the Counsellor as soon as possible. This may involve the staff member walking the student across to the counselling department or finding someone to do so; and

- After assessing the mental health of the student, the School Counsellor is to advise the reporting teacher and the Head of School of the recommended course of action which may include:
If a student is found to be self-harming whilst at School, the observing staff member is to immediately seek medical assistance, then consult the School Counselor and advise the Head of School.

- Given medical clearance, the student is to be sent home by the Head of School ensuring that the student will arrive safely at home and that a parent or guardian will be at home to supervise the student.

- It is at the discretion of the Head of School in conjunction with the School Counselor as to when the student may return to School and what requirements may be put in place to ensure that the School’s duty of care to the student and the wider School Community is maintained.