

Mental Health & Wellbeing for Students

Statement of Intent

This statement of intent outlines the way in which the College, Governors, Leaders, Staff and Students can work together to enhance student mental health and wellbeing, ensuring that the college is a safe, supportive, caring and positive place to study.

The college is committed to promoting the positive mental, physical and emotional wellbeing of its students and recognises that enhancing individual wellbeing offers benefits to all.

The college is committed to: -

- Identifying and managing risks to the health and wellbeing of students through the provision of appropriate measures, supported by training and development of college staff/student ambassadors.
- Promoting a culture of wellbeing and kindness, in which students are aware of mental health risks and know how to signpost and identify risk factors to mental wellbeing.
- Supporting staff and students to understand the role of health behaviours and self-care with the ability to recognise the signs of deteriorating wellbeing/mental health. Supporting individuals to be proactive in seeking self-care support for themselves or others when needed.
- Fostering a culture of openness, through dialogue. Students will be encouraged through safe spaces to openly talk about 'shared experiences' from a variety of different points of view.
- Working with parents, the local community and external agencies where practical and appropriate, seeking to engage in work with external agencies on mental health & wellbeing projects.

This statement of intent applies to all studying and working at BMet.

Roles & Responsibilities

- The College Senior Leadership Team are responsible for overseeing the Mental Health & Wellbeing Strategy, monitoring the effectiveness of this statement and ensuring that appropriate policies and procedures are in place to ensure the health and wellbeing of students.
- The Director of Student Experience & Vice Principals are responsible for the implementation of the Mental Health & Wellbeing Strategy for students, supporting managers within teams/colleges to understand their responsibilities and to monitor the impact of interventions.
- Department Directors, Department Managers, Heads of Student Experience are responsible for the implementation of the Mental Health Strategy for students, using policies and procedures fairly and consistently, working with teams to understand and address concerns raised, taking prompt action to presenting concerns.
- All staff are responsible for the role modelling to students of good self-care and the treatment of others with respect and kindness where mental health concerns arise.

Training & Support

- To provide annual mental health awareness training for staff. Other CPD courses will be encouraged where appropriate.
- Put mechanisms in place to ensure access to debrief (supervision) for staff working with students with mental health concerns.
- Brief staff on options open to them for external help/support and provide training around resilience.
- Provide an 'open' policy of communication between staff members within the College and sharing (where appropriate/with the appropriate person - as situations and information dictates) is positively encouraged.

Supporting College Frameworks

Safeguarding

- Safeguarding is everyone's responsibility.
- All staff have training annually with reminders throughout the year at briefings, staff meetings and development days.
- All new staff have safeguarding training as part of their induction.
- All records are kept securely with the college safeguarding system.
- All staff are required to sign and acknowledge they have read and understood Keeping Children Safe in Education (KCSIE) and the College Safeguarding and Child Protection Policy annually.
- The Designated Safeguarding Lead and Deputies are experts in this field and provide support to staff in dealing with disclosures and onward support.

Ready, Respectful & Safe

- We have a moral obligation to prepare young people for the rigours of work and life beyond education, supporting adults to re-skill, upskill or re enter the workforce.
- We are here to educate the whole student, helping with their moral and personal development and resilience to everyday life.
- We apply our policies and procedures for each student, acknowledging that each individual and situation is different and adjusting as required.
- We prioritise students who are classed as disadvantaged, Social, Emotional and Mental Health Needs (SEMH) or Inclusive needs (SEND), however, we are passionate about providing the same support to all students, irrespective of background.
- We make reasonable adjustments for students with special educational needs or vulnerable students.
- We have a support-based behavioural approach; recognising good behaviour and supporting students to understand the impact and consequences of poor behaviour.
- We involve parents/carers for learners aged under 18 in supporting improvements in behaviour.

Pastoral, Wellbeing & Mental Health

- We do not give up on students and constantly look for ways to support them.

- Our interventions are directed by evidence-based practice.
- Our Pastoral & Wellbeing team are passionate about becoming experts in their field around pastoral and mental health support.
- We work with numerous external agencies to support our students.
- We recognise that early intervention is vital.
- We will develop our understanding of trauma and move towards being a trauma informed organisation.
- We involve parents/carers as appropriate in the support which we put in place.
- Our interventions are assessed and evaluated using entry and exit questionnaires.
- The mental health of our students and staff is of the highest priority.

Attendance

- All staff have a role to play in ensuring each student attends college.
- Tutors/Attendance Intervention Officers support by providing first wave support, checking in with students who have poor or low attendance.
- We work together with parents/carers for those aged under 18 and external agencies to address and remove barriers to attendance.
- We prioritise students who are classed as disadvantaged, Social, Emotional and Mental Health Needs (SEMH) or Inclusive needs (SEND), however, we are passionate about providing the same support to all students, irrespective of background.
- We follow the policies and procedures which are in place, acknowledging that each student and situation is different and adjusting as required.

Student Engagement & Student Voice

- We will support a peer to peer student network of support, training and developing students to build supportive skills to help others with low level mental health needs;
- We will promote learner voice opportunities for feedback on mental health & wellbeing through curriculum, surveys, student councils and student Governors which inform actions for development;
- We will promote the benefits of physical activity and sport in building and sustaining good mental health & wellbeing, providing opportunities for students to get involved in non-competitive activities;

Internal Support Mechanisms

Type of Support	Role	In Person / Digital
Counselling (BACP)	College Counsellors	In Person & Digital
Mental Health First Aiders	15 x Mental Health First Aiders	In Person
Mental Health – Building Resilience	Tutorial Schedule – Study programmes Wellbeing Schedule – Non-study programmes	In Person
Pastoral & Wellbeing -Coaching -Mentoring -Curriculum support	Performance Coaches Performance Coach Team Leaders Personal Tutors (Tutorials) Curriculum Tutors	In Person & Digital

-Inclusive support	Curriculum Managers/Directors Inclusive Support Assistants	
Safeguarding Concerns	Designated Safeguarding Lead Deputy Designated Safeguarding Leads Safeguarding Officers Safeguarding Champions	In Person & Digital
Togetherall Mental Health Platform	Digital Wellbeing platform 24/7/365 Social Prescribing via - Counsellors/Performance Coaches/Safeguarding Leads	Digital
Go Vox Wellbeing check-in & signposted support	Digital wellbeing check-in aligned to performance points in study programme / course schedule. Follow up by tutors for 'red flags'	Digital – followed by in person follow up

External Support Mechanisms

Physical Wellbeing

- Aquarius support with alcohol, drugs and gambling 0121 622 8181
- Birmingham Crisis centre support for victims of domestic abuse 0121 507 0707
- [Men's Advice Line](#) support for male victims of domestic abuse 0808 8010327
- SAYA multilingual 24-hour helpline for domestic violence 0800 389 6990
- Umbrella support for sexual health including home testing kits 021 237 5700
- Victim Support available 24 hours 0845 30 30 90

Emotional and Psychological Wellbeing

- Forced Marriage Unit for help and advice 020 700 80151
- [Forward Thinking Birmingham](#) mental health support for 0 – 25yrs 0300 300 0099
forwardthinkingbirmingham.org.uk
- [Kooth.com](#) online mental wellbeing community, free, safe and anonymous support
- Men's Minds Matter support mental wellbeing mensmindsmatter.org
- Pause mental health support for young people up to age of 25. 0207 841 4470
- Samaritans there's always someone there to listen 116 123
- Shout 24/7 if you are struggling to cope and need mental health support free text service
text CIN to 85258
- [Togetherall.com](#) free to all BMet students and staff
- [West Midlands Police forced marriage support](#) and information

Social Wellbeing

- Birmingham LGBT support to improve wellbeing and reduce isolation blgbt.org
- Food Cycle support for people who are hungry and lonely foodcycle.org.uk
- Lesbian and Gay Switchboard UK 0300 330 0630 switchboard.lgbt
- Mermaids support for gender diverse young people and their families mermaidsuk.org.uk

Intellectual

- Birmingham Disability Resource Centre 0303 040 2040 disability.co.uk
- Dyslexia Association Birmingham 0333 405 4555 da-bham.org

Spiritual

- Birmingham and Solihull Mental Health to help you find or reconnect with things in your life bsmhft.nhs.uk/service-user-and-carer/service-user-information/spiritual-care/
- College Chaplains speak to our Pastoral & Wellbeing team for more information

Economic

- St Basils homelessness support 0300 303 009 text NEED ST BASILS to 62277
- GamCare advice and, support for anyone harmed by gambling 0808 8020 133 gamcare.org.uk
- Trussell Trust Foodbank support trusselltrust.org Turn2us financial advice and benefits calculator turn2us.org.uk
- YMCA Birmingham homelessness support 0121 477 4644
- YMCA Sutton Coldfield homelessness support 0121 354 5614
- National Illegal Money Lending team 0300 555 222 www.stoploansharks.co.uk (I will be adding this to the next update of the support poster)

Status of Statement and Review

The content and validity of this statement of intent will be reviewed annually by the Senior Leadership Team.