

Internal Wellbeing Provision at SVS

Level 1 Intervention : Group work with a Learning Partner

Model of intervention: Short term targeted group wellbeing intervention (Emotional Resilience and Body Image)

Level: Low level wellbeing concerns including poor body image, low self-esteem, managing emotions, anger.



Level 2 Intervention: 1:1 work with a Wellbeing Practitioner

Model of intervention: 1:1 work with Wellbeing Practitioner; either short-term targeted intervention or longer-term intervention depending on need. Approach to intervention can be flexible based on the assessment completed in initial session. Students will be provided with a stable, confidential space to explore their emotional health and may work on CBT-informed coping strategies to manage day-to-day struggles, with the goal being greater self-efficacy and positive change in their lives.

Level: Moderate emotional and mental health issues including self-harm, anxiety, low mood, poor sleep.



Level 3 Intervention: Counselling

Model of intervention: 1:1 Counselling/talking therapy with a qualified counsellor. This may be internally or via an external agency such as TalkWell, depending on the level of need. Counselling often focuses on past events/trauma and is a process designed to aid healing. Counselling is a slightly more formal intervention and is sometimes more suitable for older students.

Level: Moderate to severe emotional and mental health issues including self-harm, anxiety, low mood, poor sleep, suicidal thoughts, depression, PTSD, trauma etc.

We also refer onwards to external agencies when appropriate. These include:

- Young Minds Matter (NHS)
- CAMHS (NHS)
- Young Gloucestershire
- TalkWell (Previously TiC+)
- Winston's Wish
- Sunflowers Suicide Support