

Christ the King Catholic Primary School

Self-Harm and Mental Health Policy

Date of Policy:	September 2026
Date of Review:	September 2027
Responsible for Policy:	Local Governing Body
Policy Approved:	September 2026

Policy Rationale

At Christ the King Catholic Primary School, we are committed to safeguarding and promoting the welfare of all children. We recognise that positive mental health and emotional wellbeing are fundamental to children's happiness, safety, learning and achievement.

We believe every child is created in the image and likeness of God and deserves a safe, nurturing and supportive environment in which to flourish spiritually, emotionally, socially and academically.

This policy outlines the school's approach to promoting positive mental health, identifying concerns early, supporting pupils experiencing mental health difficulties, responding to self-harm and suicidal ideation, and ensuring that safeguarding responsibilities are fully met in accordance with Keeping Children Safe in Education (KCSIE) 2026.

Aims

This policy aims to:

- Promote positive mental health and wellbeing throughout the school community.
- Provide guidance for staff when responding to mental health concerns.
- Ensure early identification of pupils experiencing difficulties.
- Establish clear procedures for responding to self-harm and suicidal ideation.
- Protect pupils through effective safeguarding arrangements.
- Support parents and carers in promoting children's emotional wellbeing.
- Ensure staff understand their roles and responsibilities.
- Foster a culture where children feel safe discussing their concerns.

Catholic Ethos

As a Catholic school, we recognise the dignity and value of every person.

We seek to:

- Create a culture of compassion and understanding.
- Promote resilience and hope.
- Encourage positive relationships.
- Support children experiencing difficulties.
- Ensure every child feels valued, listened to and supported.

Our mission of "**Learning, Growing, Praying Together with Christ our King**" underpins all aspects of our wellbeing provision.

Legislation and Guidance

This policy should be read alongside:

- Keeping Children Safe in Education 2026.
- Working Together to Safeguard Children.
- Children Act 1989 and 2004.
- Equality Act 2010.
- SEND Code of Practice.
- Mental Health and Behaviour in Schools Guidance.
- Christ the King Catholic Primary School Child Protection and Safeguarding Policy.

Definition of Mental Health

Mental health includes emotional, psychological and social wellbeing.

Good mental health enables children to:

- Form positive relationships.
- Develop resilience.
- Cope with everyday challenges.
- Learn effectively.
- Participate fully in school life.

Mental health exists on a continuum and can fluctuate throughout childhood.

Mental Health and Safeguarding

Children Requiring Mental Health Support

Christ the King Catholic Primary School recognises that safeguarding and promoting the welfare of children includes preventing the impairment of children's mental health or development.

We understand that positive mental health is an integral part of a child's overall wellbeing, development and safety whilst at school.

All staff will be aware that mental health problems may be an indicator that a child has suffered, is suffering, or is at risk of suffering:

- Abuse
- Neglect
- Exploitation
- Domestic abuse
- Trauma
- Other adverse childhood experiences

Staff will also recognise that children may experience:

- Mental health difficulties
- Self-harm
- Suicidal thoughts (suicidal ideation)
- Increased suicide risk

These situations may require an immediate safeguarding response.

Staff will not attempt to make a clinical diagnosis.

All staff have a responsibility to:

- Identify concerns.
- Respond appropriately.
- Record concerns.
- Follow safeguarding procedures.

Identifying Mental Health Difficulties

Staff are well placed to observe changes in behaviour, presentation, emotional wellbeing and relationships.

Warning signs may include:

- Talking about wanting to die.
- Expressing feelings of hopelessness.
- Feeling trapped or a burden.
- Self-harming behaviours.
- Evidence of self-injury.
- Changes in behaviour or mood.
- Increased anxiety.
- Withdrawal from social interaction.
- Deterioration in attendance.
- Reduced engagement in learning.
- Risk-taking behaviours.
- Changes in sleeping or eating patterns.
- Giving away possessions.
- Saying goodbye to others.
- Persistent low mood.
- Emotional dysregulation.
- Disclosure of suicidal thoughts.

Any concerns must be treated seriously.

Mental Health Referral Pathway

Immediate Safeguarding Concerns

Any concerns regarding:

- Self-harm
- Suicidal ideation
- Suicide risk
- Significant deterioration in mental health

must be treated as safeguarding concerns.

Staff must:

Step 1

Ensure the immediate safety of the pupil.

Step 2

Inform the Designated Safeguarding Lead (DSL) or Deputy DSL immediately.

Step 3

Record the concern on CPOMS before the end of the school day.

Step 4

Follow any instructions provided by the DSL.

Step 5

Where there is immediate danger, emergency services will be contacted without delay.

Recording Concerns

Immediate Response and Initial Recording

Staff must:

- Record concerns on CPOMS promptly.
- Record factual observations only.
- Avoid speculation or diagnosis.
- Include dates, times and direct quotes where appropriate.
- Record changes in behaviour, attendance, emotional wellbeing or learning.

All records will be reviewed by the DSL.

Support and Referral Pathways

The DSL will consider appropriate support and referral pathways.

This may include:

School-Based Support

- Designated Mental Health Lead
- Mental Health First Aiders

- Pastoral support
- Nurture provision
- Trusted adult support
- Emotional wellbeing interventions

External Support

- School Counsellor
- Educational Psychologist
- GP
- School Nursing Team
- CAMHS
- Family Help Services
- Early Help Assessment
- Children's Social Care

Parents and carers will normally be informed unless doing so places the child at additional risk.

Accountability and Monitoring

The DSL is responsible for:

- Coordinating the school's response.
- Monitoring support plans.
- Communicating with relevant professionals.
- Recording actions on CPOMS.
- Reviewing outcomes.
- Ensuring children receive appropriate support.

Where external services are involved, the DSL or nominated staff member will remain the school's lead professional contact.

Ongoing Support

Following identification of a mental health concern:

- Appropriate staff will be informed on a need-to-know basis.

- Reasonable adjustments may be implemented.
- Individual support plans may be developed.
- Wellbeing reviews will take place regularly.
- Safeguarding concerns will continue to be monitored.

Support arrangements may include:

- Daily check-ins.
- Emotional regulation support.
- Safe spaces.
- Reduced timetables where appropriate.
- Family support.
- External agency involvement.

Self-Harm

Understanding Self-Harm

Self-harm is when a person deliberately causes injury to themselves as a way of coping with emotional distress.

The school recognises that:

- Self-harm is a safeguarding concern.
- All incidents must be taken seriously.
- Children who self-harm require support rather than judgement.
- Punitive responses are never appropriate.

Responding to Self-Harm

Where self-harm is disclosed or suspected:

1. Stay calm and listen.
2. Reassure the child.
3. Do not promise confidentiality.
4. Inform the DSL immediately.

5. Record concerns on CPOMS.
6. Contact parents unless doing so places the child at risk.
7. Seek medical intervention where necessary.
8. Consider referral pathways.

The school will develop a support plan where appropriate.

Suicidal Ideation and Suicide Risk

Any disclosure relating to suicidal thoughts, plans or intentions must be treated as an urgent safeguarding matter.

The DSL will:

- Undertake an immediate risk assessment.
- Seek medical advice where required.
- Contact parents/carers.
- Liaise with external agencies.
- Consider CAMHS referral.
- Consider emergency intervention where necessary.

Where there is immediate danger:

999 will be called immediately.

Staff Training

The school will ensure that staff receive:

- Annual safeguarding training.
- KCSIE updates.
- Mental health awareness training.
- Self-harm awareness training.
- Suicide prevention awareness.

- Trauma-informed practice training.
- CPOMS recording training.

Specific staff will receive enhanced training, including:

- Designated Safeguarding Leads.
- Senior Mental Health Lead.
- Mental Health First Aiders.

Senior Mental Health Lead

Christ the King Catholic Primary School has a designated Senior Mental Health Lead responsible for:

- Leading the school's wellbeing strategy.
- Supporting staff.
- Coordinating mental health provision.
- Working with external services.
- Monitoring effectiveness of support.

The school also has trained Mental Health First Aiders available to support pupils, staff and families.

Children who are LGBTQA+ or Gender Questioning

The fact that a child may be LGBTQA+ is not itself a risk factor for harm.

However, LGBTQA+ children may experience:

- Bullying
- Harassment
- Discrimination
- Social isolation

Appropriate safeguarding measures will therefore be considered.

In line with KCSIE 2026 and the findings of the Cass Review, the school will adopt a careful, evidence-informed and child-centred approach when supporting gender-questioning children.

Families should be supported to access appropriate clinical advice where required.

Support decisions will be based on:

- Best interests of the child.
- Safeguarding considerations.
- Clinical advice where available.
- Parental involvement.
- Wider vulnerabilities.

The Designated Safeguarding Lead will be involved in all significant decisions relating to support arrangements.

Requests relating to social transition will be considered on a case-by-case basis.

All decisions and support arrangements will be recorded and reviewed regularly.

Monitoring and Review

The Headteacher, DSL and Governing Body will review this policy annually.

Monitoring will include:

- CPOMS data.
- Referral outcomes.
- Attendance monitoring.
- Pupil and parent voice.
- Staff feedback.
- Safeguarding reviews.

Review History

Issue	Description	Date
Issue 01	Policy approved by Governors	September 2026
Issue 02	Review Due	September 2027