



Heads Together Mental Health Policy (May 2017)

1. Statement of Purpose

Heads Together recognises that Mental Health issues are on the rise and that Heads Together has a key role in support their staff and clients. This role is to ensure appropriate signposting and pastoral support and not one of treatment or responsibility for peoples health overall.

2. Aims of The Policy

- 2.1. To increase staff confidence in dealing with those suffering with Mental Health issues
- 2.2. To increase staff support
- 2.3. Serve Heads Together clients better
- 2.4. To provide a safe space for clients
- 2.5. To be an effective part of clients lives

3. How to Meet the Aims

To meet the above aims Heads Together commits to:

- 3.1. Training staff
- 3.2. Raising awareness of Mental Health issues
- 3.3. Maintaining appropriate levels of knowledge about local support and links
- 3.4. Giving appropriate support to access local help
- 3.5. Giving space to talk and peer support through appropriate channels

4. Steps to Recognising Signs of Mental Ill Health

Below are some possible signs of Mental Ill Health, it is important to note that we are not diagnosing or labelling we are simply supporting.

- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Strange thoughts (delusions)
- Seeing or hearing things that aren't there (hallucinations)
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Numerous unexplained physical ailments
- Substance use
- Self harm

5. Links to Services

Adult services - <https://www.mindwell-leeds.org.uk/>

Under 16 services - <https://www.mindmate.org.uk/>

