

# Mental Health & Wellbeing Intervention Map

## Universal

PSHE curriculum  
 (Friendships, relationships,  
 difference, careers, future  
 planning)

Zones of regulation  
 (Primary)

Forest School (primary)

Lunchtime clubs

Mental health first aid  
 (Post 16)

Impact days/stem days

Yoga (PE lessons & Post 16)

Form/registration time

Small class sizes and high  
 staff/pupil ratios

Assemblies

Mental Health awareness  
 week

Enrichment/cultural capital  
 experiences

Transition support

Careers advice & guidance

## Targetted

D of E award/Aims

Early help intervention &  
 Support

Mobility support

Referrals to MH & W  
 support team (1:1  
 intervention)

Bespoke Strategies

Self harm support

Dimensions tool

Pod support &  
 Intervention

OT internal referral process

SaLT internal referral  
 process

1:1 TAs

Reduced/personalised  
 timetables

Home visits

Online/virtual support  
 meetings

Environment enhancement  
 to support sensory needs

## Specialist

Counselling (Snowford  
 Grange)

CAMHS

Private OT support with  
 sensory processing &  
 Assessment

Early Help

Autism support - CCASS

Social Services (Children &  
 families support)

Warwickshire Front Door  
 (MASH)

Online safety support &  
 Intervention

AP - Dare to Dream &  
 Positive Impact

VSS interventions &  
 Referrals

Education Psychology

Music therapy referrals