مدرستنا الثانوية الإنجليزية ، الشارقة ـ بنات
Our Own English High School, Sharjah-Girls

GEMS EDUCATION

OOS Mental Health Policy

Implemented : April 2020

Reviewed : February 2026

Next Review : May 2027

Compiled by : SLT & SMT

Approved by: Ms. Asma Gilani, Principal & CEO

Purpose

The purpose of this policy is to promote and protect the mental health and well-being of all students and staff within our school community. This policy aligns with our existing well-being policy and aims to create a supportive environment where mental health is prioritized and addressed proactively.

Scope

This policy applies to all students, staff, and stakeholders within the school community.

Objectives

1. **Promote Mental Health Awareness:** Increase awareness and understanding of mental health issues among students, staff, and parents.
2. **Provide Support and Resources:** Ensure access to mental health support and resources for all members of the school community.
3. **Create a Safe and Inclusive Environment:** Foster a school culture that is supportive, inclusive, and free from stigma related to mental health.
4. **Early Identification and Intervention:** Implement strategies for the early identification and intervention of mental health issues.

Key Components

1. **Mental Health Education:**
    - Integrate mental health education into the curriculum to teach students about mental health, coping strategies, and resilience.
    - Provide regular training for staff on mental health awareness and how to support students.
2. **Support Services:**
    - Offer counseling services and mental health support for students and staff.
    - Establish a referral system for external mental health services when needed.
    - Provide access to mental health resources, including hotlines and online support.
3. **Well-being Programs:**
    - Implement programs and activities that promote physical, emotional, and social well-being.
    - Encourage participation in extracurricular activities that support mental health, such as sports, arts, and mindfulness practices.
4. **Safe and Inclusive Environment:**
    - Promote a positive school culture that values diversity and inclusion.
    - Implement anti-bullying policies and programs to ensure a safe environment for all students.
    - Encourage open communication and provide safe spaces for students to discuss mental health concerns.

5. **Early Identification and Intervention:**
    - Train staff to recognize signs of mental health issues and provide appropriate support.
    - Implement screening tools and assessments to identify students who may need additional support.
    - Develop individualized support plans for students with identified mental health needs.
6. **Parental and Community Involvement:**
    - Engage parents and guardians in mental health education and support initiatives.
    - Collaborate with community organizations to enhance mental health resources and support.
7. **Continuous Improvement:**
    - Regularly review and update the mental health policy to ensure it meets the evolving needs of the school community.
    - Collect feedback from students, staff, and parents to inform policy improvements.
8. **Confidentiality**: Ensure that all mental health information is handled with strict confidentiality.
9. **Data Protection**: Comply with relevant data protection regulations while maintaining records of mental health support.

Implementation and Monitoring

- The SLT will oversee the implementation of this policy.
- Regular training and professional development will be provided to staff.
- The effectiveness of the policy will be monitored through surveys, feedback, and regular reviews.

Conclusion

By implementing this mental health policy, our school is committed to fostering a supportive and inclusive environment that prioritizes the mental health and well-being of all students and staff. This policy will help ensure that everyone in our school community has the resources and support they need to thrive.