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Pupil Assistance Programme

Parent Guide



Swale
ACADEMIES
TRUST

A family of schools that supports, inspires and empowers everyone to be their best

Swale Academies Trust: Looking After Parents and Guardians

At Swale Academies Trust, we believe in supporting every child to reach their full potential. That's why we're committed to empowering you, as parents and guardians, too.

We understand the unique challenges you face in today's world, especially in light of the impact of COVID-19 on children's mental health. To help you provide the best possible support for your child, we're expanding our resources.

Introducing our new Parent Helpline.

0800 012 1571

How do we support?

Our counsellor's will listen to the caregiver's concerns and understand what steps have already been taken, before providing tailored support on what action, if any, is needed next.

- ☺ Advice on seeking GP intervention and support.
- ☺ How to source suitable counselling support.
- ☺ Signposting within schools.
- ☺ How to have difficult conversations with a child or young person.
- ☺ How to identify stressors or triggers for the child or young person, and recommend ways to remedy these.

Health Assured will work closely with the school upon implementation of the Caregiver helpline, to ensure all relevant signposting information is collated in the event this is required when providing support to a caller. If a caregiver discloses concerns around risk or safeguarding matters, appropriate advice will be given, and Health Assured will document this accordingly.

0800 012 1571

Call anytime of day



Dedicated caregiver helpline

Dedicated 24/7, 365 support and guidance for caregivers who may be worried about the emotional wellbeing of a child or young person.

Caregivers can include:

- ☺ Parents
- ☺ Legal guardians
- ☺ Teachers
- ☺ Academic support staff

The helpline provides immediate support for the wellbeing of the caregiver themselves too, as supporting a young person can bring about many different challenges. Trained counsellors will be able to provide advice on many areas for caregivers who are supporting a child or young person through:

- ☺ Generalised anxiety - Excessive worry about everyday matters.
- ☺ Social phobias - Severe feelings of self consciousness and insecurity in social settings.
- ☺ Depression - Persistent feelings of sadness, anxiety, and/or emptiness.
- ☺ Eating disorders.
- ☺ Risk taking behaviours, including substance use.
- ☺ Suicidal ideation.
- ☺ Self harm.
- ☺ Attention Deficit Hyperactivity Disorder.

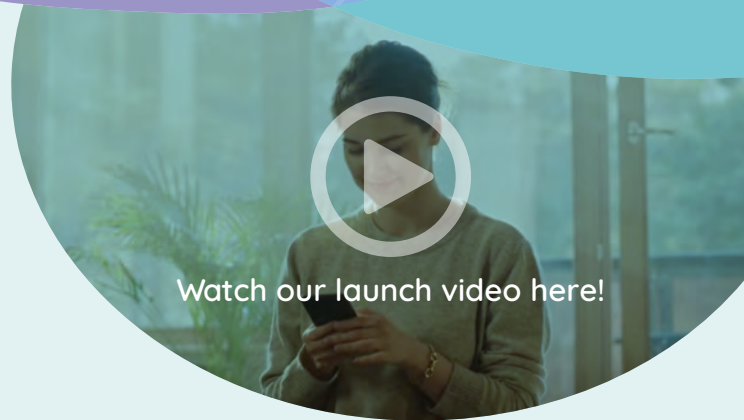
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Call anytime of day

Hello and welcome to Wisdom

Your guide to health and mental wellbeing

As a member of the Health Assured community, you have exclusive access to our revitalised app - helping you track your wellness, improve your mental health, and stay resilient during tough times.



Watch our launch video here!

Your Health Hub



Interactive mood tracker

You will receive regular prompts to track your mood. By tracking mood trends, Wisdom can help you identify patterns and areas for improvement in your wellbeing.



Four-week health plans

Wisdom will support you in your health goals, whether that be eating healthier, quitting smoking, sleeping better, or coping with pressure. Get started on your health plan and track your daily progress.



Mini health checks

How are you feeling today? Take a minute to check in with yourself by using the health checks to assess and support your health and mental wellbeing.



Breathing techniques

Our guided breathing exercises help you feel a sense of calm and relaxation to carry into the rest of your day.

Wellbeing Connected



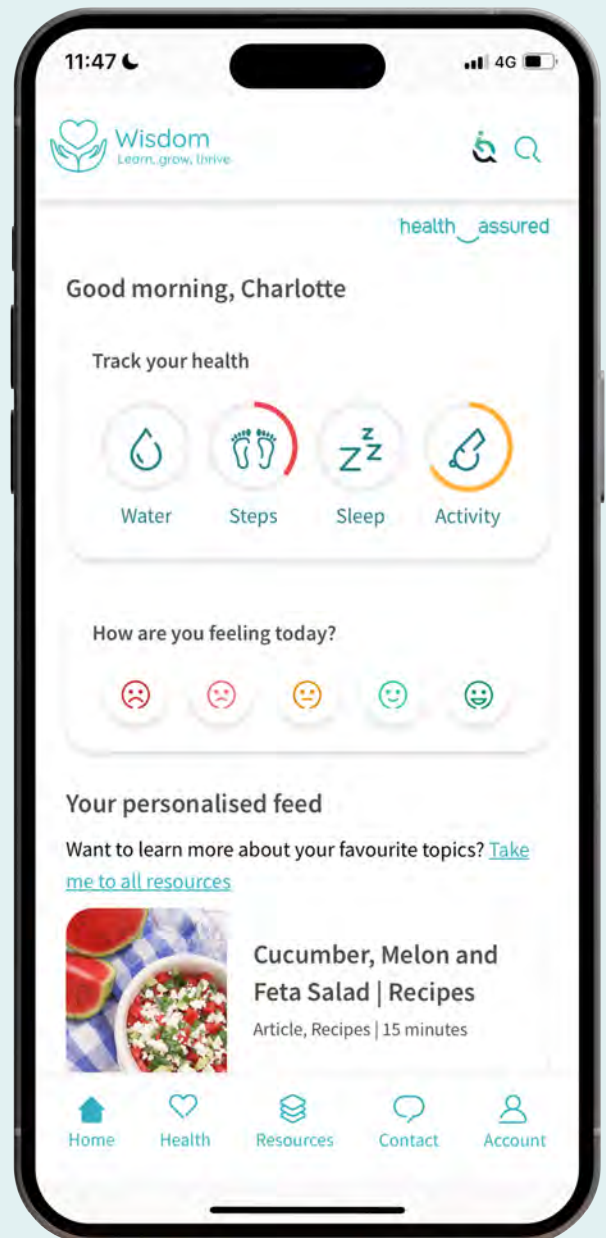
Personalisation

Wisdom allows you to personalise your homepage so you can access tailored resources and learning materials based on your interests.



Live Chat

The Live Chat feature allows you to contact a dedicated wellbeing counsellor using live messaging and video calls. For further support, you can call our helpline - available 24/7, 365 days a year. We've made it as easy as possible for you to get the right advice when you need it the most.



Download and register today

Wisdom | health assured

Unique code:



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