

Pupil Assistance Programme for schools and academies

24/7 mental health and wellbeing support for your pupils aged 11-18 years old, their parents, guardians, teachers and support staff.

Wide-reaching experience in education

Endsleigh is part of Howden Group, the world's largest independent retail broker network, with almost 60 years' experience providing bespoke solutions for the education community. These solutions are built around three core principles that ensure peace of mind for your pupils, your people and your school.



Your Pupils

- Pupil-focused insurance
- Endsleigh Insurance Portal
- Mental health and wellbeing



Your People

- Employee benefits
- Mental health and wellbeing



Your School

- Commercial insurance
- Cyber security
- Risk management



Supporting your pupils' wellbeing with our Pupil Assistance Programme

Research undertaken by NHS Digital (Nov 2022) shows that 1 in 6 young people in the UK are likely to have issues with their mental health. This data also shows that 11 - 16 year olds with mental health issues are less likely to feel safe at school, less likely to report enjoyment of learning or have a friend they could turn to for support.



Our long-established specialist team supports a wide range of education providers including state and independent schools, colleges, universities and private language schools.

We have a lifetime's experience supporting students through their academic life. We understand the challenges schools are currently facing with young people's mental health and wellbeing; to address this, we have introduced our Pupil Assistance Programme in order to provide much needed support.

Pupil wellbeing

11 - 16 year olds

with mental health issues are less likely to feel safe at school, enjoy learning or have a friend to turn to

Over 1m

NHS mental health referrals in 2021 for people aged under 18

1 in 6

children and young people struggle with their mental health every year

Source: NHS Digital Nov 22

We understand the wellbeing challenge

Our research with schools has shown there is a real lack of specialist resources for pupils, teachers, parents and guardians. Ever increasing wait times for counsellors means young people cannot receive support when they need it most, and there is very little guidance available for their caregivers and teachers.

Our Pupil Assistance Programme has developed through close collaboration with schools and almost 60 years' experience in delivering bespoke solutions to students and the education community. This includes the work we are doing through our Student Assistance Programme in partnership with health and wellbeing provider, Health Assured. We currently partner with over 100 universities and colleges to provide 24/7 BACP (British Association for Counselling and Psychotherapy) accredited wellbeing and mental health support to more than one million university and college students.

Partnership with Health Assured

We have developed our Pupil Assistance Programme with Health Assured, the UK and Ireland's most trusted independent health and wellbeing specialist and the only BACP accredited Pupil Assistance Programme provider at organisational level which provides specialist support to over 13 million people.

Being BACP accredited demonstrates Health Assured's compliance with the Ethical Framework for the Counselling Profession. This underpins their ethical and professional counselling service for clients, staff, volunteers and stakeholders, which ensures the service is safe, secure and professionally managed. Calls are always answered locally in the UK and never diverted or sent to an answerphone.



"We are delighted to be able to provide this support to young people, their school, and their caregivers, in a time where it feels as though wellbeing support resources are difficult to access. It is so important to ensure young people are equipped to take on the challenges that growing up may throw their way, and equally, to support caregivers in navigating this with them."

Kayleigh Frost
Head of Clinical Support Health Assured

Why choose our Pupil Assistance Programme

From the focus groups and in depth interviews we held with schools, we understand that education providers are struggling with out of hours support, and that pupils want to be able to access help at a time that suits them. Those who care for young people with mental health or wellbeing issues also need support, and having access to professional guidance and advice when needed is key. Our Pupil Assistance Programme is a flexible solution to support these challenges and helps alleviate pressure from the school and caregivers.



- 24/7 access to qualified counsellors with specialist knowledge of dealing with children and young people. Support outside normal working hours.
- A holistic approach designed to look after the wellbeing of your teaching/support staff, pupils and parents/guardians.
- Structured counselling available with no waiting lists.
- Modular programme. Allows schools and academies to choose individual services to suit their needs and budget.
- Digital wellbeing support tools can be used any time to avoid time out of the classroom.
- Provides early support to help children reach their potential.

Early intervention makes a difference



Develop psychologically, emotionally and intellectually



Initiate, develop and sustain mutually satisfying personal relationships



Use and enjoy solitude



Become aware of others and empathise with them



Develop healthy habits to take into their formative adult years



Develop a sense of right and wrong



Resolve and learn from problems and set backs



Academic successes, leading into better employment opportunities

Pupil Assistance Programme

Our Pupil Assistance Programme delivers 24/7 wellbeing support to pupils aged 11-18 years old, their parents, guardians and teachers. Endsleigh is working exclusively with Health Assured to provide this programme, which comprises a suite of five key services and is fully modular, allowing schools and academies to choose individual solutions to suit their needs and budget.



**Teachers, pastoral staff,
parents and guardians**

24/7 access to qualified counsellors for guidance on supporting a child or young person.



16 - 18 year olds

24/7 free telephone helpline giving access to qualified counsellors for mental health support.



**Pupils, teachers, pastoral staff,
parents and guardians**

Online platform that uses Cognitive Behavioural Therapy to manage problems by changing the way you think and behave.



11 - 18 year olds

Video assessment by experienced psychologist and referral for structured counselling, should the pupil require it.



**Teachers, pastoral staff,
parents and guardians**

Online and in person training to become an accredited Youth Mental Health First Aider.

Pupil Assistance Programme overview

Caregiver helpline

Gives teachers, pastoral staff, parents and guardians 24/7 access to a qualified counsellor with specialist knowledge of dealing with children and young people. Provides in-the-moment advice and emotional support. Possible guidance could include: how to have difficult, or uncomfortable conversations with a young person about mental health, or help in identifying and remedying stressors such as insufficient sleep, lack of daily routines and meal structures.



Counselling helpline

For pupils aged 16 years and older. Counselling and mental health helpline provides 24/7 access to a qualified counsellor for in-the-moment mental, physical, legal, financial and emotional wellbeing support. Includes an interpretation service in over 240 languages and dialects. Designed to complement and support your existing wellbeing services with data sharing and disclosure protocols to complement your safeguarding processes.

Certified youth mental health first aid training

For those who work with, or support young people aged 8-18 years old. Access to certified online or in person training as a youth mental health first aider. Understand the factors that affect young people's mental health and wellbeing. Learn the skills to spot triggers and signs of mental health issues and the have the confidence to reassure and offer support. Also gives you the tools to look after your own mental wellbeing.

Children with mental health issues have higher absence rates from school.

12.6% missed more than 15 days of school compared with 3.9% of children without mental health concerns.

Source: NHS Digital Nov 22

Digital CBT Support

For pupils, school staff, parents and guardians. An online therapy platform (SilverCloud) that uses Cognitive Behavioural Therapy (CBT) to help people manage their problems by encouraging them to change the way they think and behave. Users are guided through the SilverCloud modules by a counsellor who provides guidance and motivation to ensure you get the most out of the programme.

Specialist Adolescent Clinical Support

To support young people aged 11-18 years old in dealing with psychological issues that may be making it difficult for them to engage in their school work, attendance, or overall school life. An initial video assessment with a qualified, experienced psychologist or specialist will evaluate any issues. Structured counselling will then be provided by a qualified counsellor. Possible factors for referral may include:

- patterns of regular absence from school
- sustained difficult behaviour such as excessive anger or mood swings
- general anxiety and insecurity

Why choose Endsleigh?



Part of Howden

The world's largest independent retail broker network, we have global reach and can support our partners' multinational growth and expansion from under one roof.



Almost 60 years' experience

Working in partnership with 800 schools, universities and colleges to provide protection for students and the education community. Producers of the annual Student Happiness Index.



Wellbeing support to over 100 universities and colleges

Providing 24/7 BACP accredited wellbeing and mental health support to over one million university and college students.

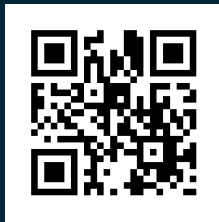


Providing tailored solutions

We provide tailored solutions that help protect your entire school from the unexpected; from your pupils and employees to commercial and risk management.

Get in touch

Call us today on **0333 234 1198**, email us at **pupilwellbeing@endsleigh.co.uk** or visit our website by scanning the QR code below.



Part of **HOWDEN**