

File Name	Counselling and Mental Health Policy - The SOBHA Academy
Reference	SKT - TSA POLICY - III - 003
Date	13-05-2025

1. Introduction

The SOBHA Academy (TSA) recognises that emotional well-being is as important as academic excellence in the holistic development of students and staff. To this end, the school has established a Health and Wellness Team composed of three qualified professionals: a Clinical Psychologist, an Educational Psychologist, and a Wellness Psychologist.

The goal is to promote a mentally healthy school environment where students feel safe, valued, and empowered to seek help when needed.

2. Purpose

This policy aims to:

- Support the emotional and psychological well-being of all students.
- Provide a safe, confidential space for emotional expression.
- Enhance coping, problem-solving, and resilience skills.
- Help students overcome mental health barriers to academic success.
- Identify and intervene in mental health concerns at an early stage.
- Normalize help-seeking and reduce stigma around mental health.
- Promote a school-wide culture of empathy, inclusion, and well-being.

3. Objectives

- Provide structured emotional and psychological support through qualified counsellors.
- Promote early identification and intervention of mental health issues.
- Support students in managing academic pressure, stress, and emotional imbalances.
- Foster an inclusive environment that values emotional safety and empathy.
- Raise awareness through education, workshops, and community outreach.
- Establish clear procedures for referral, counselling, and follow-up.
- Involve parents, guardians, and the wider community in mental health advocacy.
- Integrate mental wellness into every aspect of school life.

4. Vision

TSA envisions a campus where:

- Mental health is seen as a foundation of student well-being and academic growth.
- Students feel safe, supported, and heard.
- Emotional intelligence and coping skills are taught, practised, and celebrated.
- Professional support is accessible, timely, and compassionate.
- Stigma is replaced by understanding, and asking for help is encouraged.

5. Scope

This policy applies to:

- All students (day scholars and residents)
- All academic and non-academic staff
- The Health and Wellness Team
- Parents, guardians, and associated service providers (when required)

6. Review and Amendment

This policy will be reviewed every two years or earlier if required due to changes in legal frameworks, school priorities, or student well-being data. Amendments are subject to approval by the Trust Board.

7. Document Control

VERSION	DATE	DESCRIPTION	APPROVED BY
1.0	13-05-2025	Initial Formalisation	Trustee Board