



Student Anxiety and Depression Support Policy

Progressive English School, Sharjah



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Progressive English School: Student Anxiety and Depression Support Policy

At Progressive English School, we recognize the importance of mental health and emotional well-being in fostering a supportive and nurturing environment where every student can thrive academically, socially, and emotionally. In line with UAE educational policies and psychological best practices, we are committed to ensuring that students experiencing anxiety and depression receive the support they need.

Definition

Student anxiety and depression refer to emotional and psychological conditions that can negatively impact a student's ability to function in everyday life. These may include feelings of excessive worry, sadness, loss of interest, difficulty concentrating, or changes in behavior that affect academic performance, relationships, and overall well-being.

Aims

- a) To promote emotional well-being and resilience among students.
- b) To identify and address signs of anxiety and depression at an early stage.
- c) To create a safe, inclusive, and supportive school environment.
- d) To equip students with coping strategies and life skills to manage mental health challenges.
- e) To provide timely intervention and access to appropriate resources and services.

Objectives

- a) All staff, students, parents, and school stakeholders should have an understanding of student anxiety and depression and their impact on learning and behavior.
- b) To raise awareness about mental health through workshops, campaigns, and classroom activities.
- c) To establish a system for early identification of students at risk.
- d) To provide a supportive framework for students to discuss their concerns without fear of stigma or discrimination.
- e) To develop a partnership with parents, mental health professionals, and community services to support student well-being.

Signs of Anxiety and Depression

- a) Physical: Headaches, stomachaches, fatigue, or changes in appetite and sleep patterns.



- b) Emotional: Persistent sadness, irritability, feelings of hopelessness, or excessive worry.
- c) Behavioral: Withdrawal from social activities, avoidance of schoolwork, or changes in academic performance.
- d) Cognitive: Difficulty concentrating, forgetfulness, or negative self-talk.

Strategies in School to Support Students with Anxiety and Depression

1. Awareness and Education:

- a. Train staff to recognize signs of anxiety and depression and respond appropriately.
- b. Conduct workshops for students and parents on mental health and coping mechanisms.

2. Support Systems:

- a. Establish a school counseling program where students can seek confidential support.
- b. Designate a Mental Health Coordinator to oversee student well-being initiatives.

3. Safe Spaces:

- a. Provide a calm, quiet space for students to self-regulate when feeling overwhelmed.

4. Curriculum Integration:

- a. Include mindfulness, stress management, and social-emotional learning (SEL) in the curriculum.

5. Parent and Community Involvement:

- a. Conduct parent-teacher meetings to share strategies for supporting students at home.
- b. Provide educational materials to help parents recognize and manage mental health challenges.

6. Monitoring and Documentation:

- a. Maintain detailed records of incidents, interventions, and progress for students receiving mental health support.
- b. Regularly review and update school policies to align with UAE educational and psychological guidelines.



Dealing with Reported Cases of Anxiety and Depression

1. Identification and Initial Response:
 - a. Observe and document changes in student behavior or performance.
 - b. Provide students with a safe and non-judgmental space to share their concerns.
2. Assessment and Action:
 - a. Refer students to the school counselor for further assessment.
 - b. Collaborate with parents to ensure they are informed and involved in the intervention process.
3. Follow-Up and Support:
 - a. Develop an individualized action plan tailored to the student's needs.
 - b. Monitor the student's progress and provide consistent follow-up support.

Responding to Severe Cases

In severe cases of anxiety or depression, the following steps will be taken:

- a. Immediate referral to a licensed mental health professional or clinic as per UAE health guidelines.
- b. Close collaboration with parents to ensure the student's safety and well-being.
- c. Temporary academic accommodations to reduce stress, such as modified workloads or adjusted deadlines.

Confidentiality and Privacy

The school is committed to maintaining the confidentiality of students' mental health information, sharing details only with those directly involved in providing support, and in accordance with UAE data protection and educational policies.

Commitment to Mental Health

At Progressive English School, we aim to empower students to face life's challenges with confidence, resilience, and a positive mindset. We pledge to work together with students, parents, and the wider community to ensure that every child receives the care and support they deserve.



Identification and Initial Response

