



Student Mental Health Policy of The Philippine School Abu Dhabi

1. Introduction

The Philippine School Abu Dhabi (PSAD) is committed to creating a nurturing, safe, and supportive environment where students can thrive academically, socially, and emotionally. Recognizing the importance of mental health in the overall development of our students, this policy aims to provide clear guidelines on how we approach mental health, ensure the well-being of all students, and offer appropriate support when needed.

Our school recognizes that the mental health of our students is just as important as their academic and physical well-being. This policy outlines the measures in place to address mental health concerns, promote positive mental well-being, and ensure a proactive and inclusive approach to supporting students' needs.

2. Purpose

The purpose of this policy is to:

- Promote mental health awareness among students, parents, and staff.
- Provide support systems for students experiencing mental health challenges.
- Address and prevent mental health issues through early intervention and ongoing support.
- Ensure the safety and well-being of students by fostering a positive school culture.

3. Key Components of the Mental Health Policy

1. Child Protection

- **Commitment to Student Safety:** PSAD upholds the highest standards of child protection, creating a safe environment free from any form of abuse, neglect, or harm.
- **Identification of Vulnerabilities:** Staff members are trained to identify signs of emotional distress, trauma, or other indicators of a student's mental health struggle. Any concerns are reported to the designated Child Protection Officer immediately, ensuring timely intervention.
- **Support Systems:** In case a student experiences or discloses any form of abuse, whether physical, emotional, or psychological, the school will ensure the student receives immediate support and referral to relevant agencies.

2. Counseling Services

- **Availability of Counseling:** Professional counseling services will be available to all students who need emotional, psychological, or academic support. Trained counselors will provide a safe and confidential space for students to discuss their concerns.



- **Early Identification and Intervention:** Teachers, administrators, and counselors will monitor students for signs of distress or behavioral changes that may indicate underlying mental health concerns. Students will be encouraged to seek support and guidance when needed.
- **Confidentiality and Privacy:** All counseling sessions and student information will be treated with the utmost confidentiality, following ethical guidelines and UAE laws regarding privacy.

3. Career Week Program

- **Promoting Healthy Career Exploration:** The Career Week Program will help students explore various career options, align their academic interests with future goals, and reduce stress related to future decisions.
- **Support for Mental Health:** Career counseling during this week will focus on helping students set realistic goals and develop a positive outlook toward their future. This program aims to reduce anxiety and pressure surrounding academic and career decisions.

4. Checking of Students' Attendance

- **Monitoring Attendance as an Indicator:** Consistent school attendance is an important factor in a student's mental and emotional well-being. Unexplained absences or a decline in attendance may signal emotional or psychological distress.
- **Follow-Up and Support:** If a student's attendance starts to decline or patterns of absenteeism emerge, the school will follow up with the student and their family to ensure the child's needs are being addressed. This includes offering counseling or referring the student for additional support if necessary.

5. Students and Parents Orientation

- **Awareness and Education:** At the beginning of each school year, the school will conduct orientation sessions for both students and parents, focusing on mental health awareness, available support services, and the importance of maintaining a healthy school-life balance.
- **Collaboration with Parents:** Parents will be informed of the mental health resources available at school and encouraged to engage in open discussions with school staff regarding any concerns about their child's well-being.

6. Anti-Bullying Program

- **Creating a Safe Environment:** PSAD has a zero-tolerance policy toward bullying. Bullying, whether verbal, physical, or online, can severely impact a student's mental health. The school will work proactively to prevent and address bullying through education, intervention, and clear reporting procedures.
- **Anti-Bullying Curriculum:** The anti-bullying program will include classroom lessons, assemblies, and campaigns that promote kindness, inclusivity, and respect for



others. Students will be encouraged to report any bullying incidents in a safe and supportive manner.

- **Support for Victims:** Students who are victims of bullying will receive counseling and support to help them rebuild their confidence and cope with the emotional impact of bullying.

7. Behavior Monitoring

- **Monitoring Student Behavior:** The school will closely monitor students' behavior, focusing on changes that may indicate mental health challenges such as withdrawal, irritability, or other signs of distress.
- **Proactive Behavioral Support:** If behavior issues arise, they will be addressed promptly by school staff, counselors, and parents. A collaborative approach will be used to support the student, identify any underlying mental health concerns, and provide necessary interventions or referrals to external experts if needed.

4. Roles and Responsibilities

- **School Leadership**

- Ensure the effective implementation of this mental health policy and allocate resources to support its goals.
- Foster a school culture that values mental well-being, inclusivity, and respect for all students.

- **Teachers and Staff**

- Be vigilant in identifying potential mental health concerns and behavioral changes in students.
- Provide a supportive classroom environment where students feel safe, respected, and valued.
- Refer students to counseling services or other support systems when necessary.

- **Counseling Team**

- Provide individual and group counseling to support students' emotional and psychological needs.
- Work closely with teachers, parents, and external professionals to create personalized care plans for students.
- Maintain confidentiality and ensure that students are treated with dignity and respect.

- **Parents**

- Actively participate in orientation programs and discussions related to mental health.



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- Monitor and engage in open communication with the school regarding their child's emotional well-being and development.
- Support their child's mental health journey by fostering a positive and open environment at home.

- **Students**

- Be proactive in seeking help when facing emotional or psychological challenges.
- Participate in mental health awareness programs and engage in activities designed to promote well-being.
- Treat fellow students with respect and kindness, contributing to a safe and supportive school culture.

5. Confidentiality and Privacy

The school will ensure that all mental health-related information remains confidential, with only those directly involved in the student's care (parents, counselors, and relevant staff) being informed when necessary. All counseling sessions and communication will comply with local privacy regulations, ensuring that students' rights are protected.

6. Evaluation and Review

The mental health policy will be reviewed annually to ensure that it remains relevant, effective, and aligned with the needs of the students. Feedback from students, parents, staff, and external professionals will be gathered and used to improve the policy and its implementation.

7. Conclusion

The Philippine School Abu Dhabi is committed to supporting the mental health and well-being of all students. By providing accessible resources, a safe learning environment, and comprehensive support services, we aim to ensure that every student is given the opportunity to succeed academically, socially, and emotionally.

Together, we can build a school community where mental health is prioritized, students feel valued, and every individual is empowered to thrive.

This policy reflects our dedication to providing a holistic and supportive approach to student well-being, ensuring that mental health is integrated into every aspect of school life at The Philippine School Abu Dhabi.

Approved by:


Jesus S. Ostos, Jr.
Principal



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Acknowledgement Form

Name of the Class President: _____

Grade level: _____ Section: _____

Student's signature: _____

Name of the Class Adviser: _____

Adviser's signature: _____ Date signed: _____