



Al Ain English Speaking School

Student Mental Health Policy

1. PURPOSE

This policy ensures AAESS prioritises and integrates student mental health across all aspects of school life. It promotes early identification, intervention, and support for students at risk of poor mental health, in line with ADEK's wellbeing framework and UAE Federal Law No. (3) of 2016 (Wadeema Law).

2. SCOPE

This policy applies to all students enrolled at AAESS, including students of determination and those with additional learning needs. It also applies to all staff, parents, and external service providers involved in student wellbeing.

3. KEY PRINCIPLES

- Prevention and Early Intervention: Mental health support begins with awareness, education, and proactive care.
- Community-Wide Approach: All stakeholders contribute to a mentally healthy school environment.
- Inclusion and Equity: Services are tailored to individual needs and delivered without stigma.

4. CORE COMPONENTS

Student Awareness and Education:

- Curriculum-integrated lessons on emotional regulation, resilience, mindfulness, and coping strategies.
- Age-appropriate topics including stress management, anxiety, depression, eating disorders, and digital addiction.

Counseling Services:

- Access to qualified in-school or outsourced mental health professionals.
- Confidential support for students experiencing emotional, behavioral, or psychological challenges.

Referral Pathways:

- Clear procedures for self-referral, peer referral, and staff referral.
- Collaboration with parents and external agencies when necessary.

Support During Vulnerable Phases:

- Targeted support during exams, transitions, and university applications.
- Wellness check-ins and stress-reduction activities.

Wellness Resources:

- Dedicated wellness spaces for relaxation and reflection.
- Access to digital wellbeing tools and helplines.

Inclusion:

- Needs-led services for students of determination.
- Compliance with ADEK's Inclusion Policy and Federal Law No. 29 of 2006.

5. ROLES AND RESPONSIBILITIES

- Principal: Oversees implementation and ensures compliance.
- Wellbeing Lead / Counselor: Coordinates mental health services and referrals.
- Teachers: Promote mental health awareness and identify concerns.
- Parents: Support wellbeing initiatives and communicate concerns.
- Students: Engage in wellbeing activities and seek help when needed.

6. CONFIDENTIALITY AND SAFEGUARDING

All counseling interactions are confidential, except where disclosure is required for safeguarding. Staff must follow ADEK's Student Protection Policy when concerns arise.

7. MONITORING AND REVIEW

The policy is reviewed annually or upon updates to ADEK regulations. Feedback from students, staff, and parents informs continuous improvement.