



Children's Mental Health Week

6th - 12th February.

Children's Mental Health Week was launched in 2015 by Place2Be - a children's mental health charity. Each year they focus on a theme. This year being 'Let's Connect' - all about building positive and meaningful connections for all. By having healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing. More information about Place 2 Be and Children's Mental Health Week can be found at:

<https://www.childrensmentalhealthweek.org.uk/about/>

School support available

There is a range of support available in school and out of school for all students who may be struggling with their mental health and wellbeing.

In school support can be accessed via BEST through the student or parent/carer. BEST can speak to the student and give advice, guidance and support and signpost to other services.

Students can also receive confidential, non-judgmental support in a safe space from year 13 health and social care students who have had training in supporting students with their mental health and wellbeing. Students can self refer to this by contacting lgabell9bre@yare-edu.org.uk or be sign posted by BEST.

Other sources of support

Further support can be accessed through your GP, and charitable organisations such as the matthew project, Mind, Young Minds.

Crisis support

If you believe you or your young person is in crisis urgent support can be access by calling NHS 111 and selecting the mental health option. In an emergency dial 999.