

# Safeguarding Bulletin



Hi

We know that supporting your child with their mental health is a real concern for many parents. In school we have two members of staff who have a responsibility for supporting pupils mental health and wellbeing:

Mrs Fiddler – Senior Mental Health Lead

Mrs McVicar – Student Mental Health and Wellbeing Mentor

This academic year we have also added Mrs Woollaston who is training to be an ELSA (Emotional Literacy Support Assistant) alongside Mrs McVicar.

In school we raise awareness about mental health and wellbeing through the CPSHE curriculum, in tutor time and through awareness events, such as Hello Yellow coming up on 10<sup>th</sup> October. We are also training a group of pupils to be wellbeing ambassadors.



We offer some in school support for wellbeing, including ELSA and other emotional literacy interventions and can support with referrals to CAMHS, Action for Children and the school nurse.

Below are some websites that can help parents with understanding their child's mental health and can offer advice and support.

MindEd for families:

<https://www.mindedforfamilies.org.uk/young-people>

Young Minds:

<https://www.youngminds.org.uk/parent/>

Young Minds also offer a parent helpline which you can call for advice:

Thanks,

TREA Safeguarding Team

**Speak to us on the phone**

Call our Parents Helpline for free on [0808 802 5544](tel:08088025544).  
We're open Monday - Friday 9:30am - 4:00pm.

[Find out more about our phone service >](#)