

Mental Health and Wellbeing Support at Tritlington

What happens in school to promote mental health?

All children access an ambitious curriculum which promotes mental health. Our PSHE curriculum is designed to nurture children to be confident and happy, increasing their capacity to learn and preparing them for the challenges of the modern world.

Children are provided with opportunities to develop their Emotional intelligence and life skills.

Wellbeing ambassadors are nominated to support other children within school.

Some children need a little extra support.

We have staff in school to support individuals who may need early help support:

- ☐ Learning Support Assistants
- ☐ Pupil and family wellbeing and support officer

Occasionally, a child may have more complex mental health Needs. We can signpost you and support referrals to specialist Agencies such as behaviour and emotional health teams and CAMHs.

These sessions usually take place outside of school with medical professionals.



“Let your light shine.”

What can I do if I have concerns about my child's mental health?

School

Speak to your child's class teacher. We can then either put direct support in place or signpost you to appropriate agencies or services.

Northumbria Health Care Services

[Visit their website](#)

This website includes useful links about CAMHs and a padlet of [resources](#) to support primary school age parents.

Be You is a programme for schools which is designed to improve and support the mental health and wellbeing of young people.

<https://www.beyounorthumberland.nhs.uk/>

Visit your GP to discuss your concerns.

Charities

<https://nipinthebud.org/films-for-parents-carers/>

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

<https://www.place2be.org.uk/>

If you have any questions about the way we promote being mentally healthy in school or you have a concern about your child, please pop into school for a chat.

