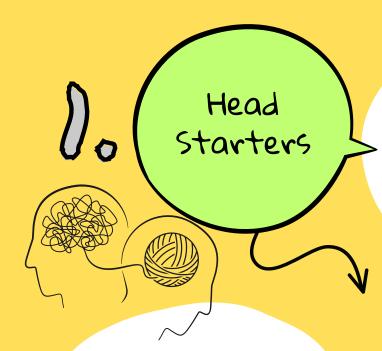
## How can I get \* \* mental health Support at School?



There are sixteen children across Key Stage 2 who can help you when you have a big feeling. If they can't help you, they will find someone who can.

If you post in your classroom worry box, your teacher will either address your worry as a class (anonymously) or pull you to one side for a chat.





Wellbeing Check in box Outside the Yellow Room is a wellbeing check in box. Post your name and class, and Miss Bennison will find you for a private chat at a suitable time.

If you need some advice about a big feeling, visit the Thursday lunch time drop in. Its confidential and there is a counsellor there to help you.



Weekly drop in



Remember...

Work your way down the list. The drop in is only for really BIG worries. Anything else can be dealt with by a teacher.



You can find Miss Bennison for a quick chat at a suitable time, but remember, there are lots of trusted adults in school you can go to.

## Resource Page

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