

# How can I get \* \* mental health support at school?

1.

## Head Starters

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.

2.

## Worry Boxes

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.



3.

## Wellbeing Check in box

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.

4.

## 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.



## Extras

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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