



## Concerns for a Parents mental health and wellbeing

- Inform class teacher who will speak to wellbeing lead.
- Speak to FLC linked to class
- Appropriate support links and networks will be provided by FLC.

## Concerns for a Childs mental health and wellbeing

- Inform class teacher who will seek out appropriate links.
- Relevant links provided by class family liaison eg HYMS
- Seek out class SALT and OT support where necessary.
- School nurse/ or Dr Berchtold.

**\*Any safeguarding issues go straight to Head teacher OR Deputy in her absence.**

## Concerns for a Staff members mental health and wellbeing

- Organise time to discuss wellbeing with another.
- Prioritise sharing concerns with wellbeing lead or class teacher.
- Offer support through **drop in service** (Wellbeing lead). Confidential service to support with appropriate links, a shoulder to cry on or a supportive chat.
- Share support websites listed.

## Support websites

<http://stepsforstress.org/>  
Practical ways for you to start dealing with stress.

<https://www.getselfhelp.co.uk/>  
Information and resources for self-helping a number of areas.

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

Guidance through phone, email and live chat on managing workload, time management.

<http://bewellteachwell.org.uk/>  
Self-help tool to help teachers overcome some of the key challenges faced.