

What can I do if I am worried about my child's mental health?

At St Marys we aim to support you with protective policies and whole school health provision. We will work with you and can signpost you to further help.

TALK TO US

The first step is to talk about things and make adjustments

Talk it over
Buddies
Time to chat

SENCO

For more persistent concerns, our wellbeing worker can help

ELSA
MHST

EXTERNAL SUPPORT

Sometimes children need support from expert children's health workers

Early help service
CAMHS

Mrs Williamson, Mrs Board and Mrs White lead on mental health. Mrs Williamson has also developed a wonderful books resource with a range of books for families to borrow when needed. If you are concerned about your child, please speak to us.