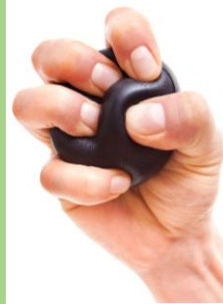


# Support for Mental Health

Need help to support your child with their Mental Health? Below are some of the resources that are available both in and out of school for your child.



Reach4Wellbeing



## Early Help for Children and Families

School can refer you to Early Help for a range of reasons, including to access support for children where anxiety is present, school refusers and for many other reasons. This service usually involves communication with the parent and the child being eligible for some 1:1 support in school from our Early Help worker, Teresa Hall. If you would like some further help, please email the office and we will get in touch with you to get the details for the referral. You can find out further information about the service at

<https://www.worcestershire.gov.uk/earlyhelpfamilysupport>

Reach4Wellbeing is a outside agency team that aims to promote positive wellbeing. They are linked to CAMHS and run group programmes using Cognitive Behavioural Therapy principles. They run a 6 week programme for parents/ carers to support the emotional wellbeing needs of their children who are age 5-11 years online (at present) however they also run face to face programmes with children too.

You can self- refer or school can also refer for you. If you self- refer, please inform us so we can be aware of your child's anxieties.



Miss Jackson and other members of staff will be working with children who have suffered a bereavement. We have resources in school which allow for children to talk and understand a loss.

Please let us know if your child has recently suffered a bereavement. We also have links to charities that can support you or your family with a Bereavement.