



Support for Mental Health and Wellbeing for Pupils, Staff and Parents at Long Sutton Primary School

	Pupils	Staff	Parents
Thriving	Heartsmart PSHE curriculum Safe spaces e.g. wellbeing room and office, Quiet areas on the playground Collective Worship	Staff social activities Part time working options Staff Whatsapp social group Teachers able to work from home for PPA	PTA events Class Whatsapp groups School events such as play, sports day and class assemblies
Getting advice	Wellbeing notice board One trusted adult Wellbeing advice from National Organisations	Colleagues and SLT Education Support	Headteacher or member of staff available on the door SENDIASS Chat Health
		Senior Mental Health Lead (Kathryn Maidment) Mind Ed	
Getting help	ELSA - Emotional Literacy Support Wellbeing groups including Friendship/Resilience/Self Esteem	Employee confidential counselling support	Barnados Parenting Support Early Help Hub
		Mental Wellbeing Hampshire Italk / TalkPlus (depending on area)	
Getting more help	Wellbeing practitioners (school referral) Wellbeing Support Service (via GP) Hampshire Youth Access Counselling (HYA) Advice for Specific Issues	Basingstoke Adults' Safehaven Samaritans Stay alive app Calm harm app DistrACT app	
Getting risk support	https://hampshirecamhs.nhs.uk/	Specialist Help	

Moving to Year 7?

Log in to [Kooth](#)

Kooth is an online counselling and emotional well-being platform for children and young people aged 11-16, accessible through mobile, tablet and desktop and free at the point of use. On Kooth you can chat to our friendly counsellors, read articles written by young people, get support from the Kooth community and write in a daily journal.