

[Birchanger C of E Primary School Offer for Mental Health Support](#)

From time to time, we all find it difficult to cope with daily life: Birchanger C of E Primary School offers a staggered support network to guide children and parents through any mental health concerns.

Whilst these feelings can be normal, you might find that over time, things may get on top of you. It's at times like these, that it helps to talk to someone about your worries and feelings.

There is help available and with support these feelings will ease- please see the strategies and support systems below or make an appointment to speak to Angela Cook (Mental Health Lead),

Friendship squad- A selection of year 5 children that will offer support and help to children and help guide them through playtime and friendship concerns.

Argument Ambassadors- Year 5 group of girls that have created their own peer support group to advise children how to settle disputes.

Reflection time- peer support- Daily reflection session where children discuss their on-going pursuit of excellence and access each other through peer support and advice.

How am I feeling – children can access an adult and alert them if they are upset or need support by turning their faces around on the chart.

Worry slip- Upper key stage 2: a discrete way of accessing help by leaving a slip for an adult in class.

Worry Warrior Support- a drop in session is available every Tuesday lunch time by Mrs Cook for children that may have a worry or a feeling that they want to talk about.

Our Learning Mentor is a fully trained member of staff who is in school every day. She offers weekly support sessions with individual children and liaises both with parents and staff members to help the child move forward and achieve their potential. Please speak to your child's class teacher if you would like your child to access this support.

Child Counselling Service. We access a private counselling service in school, if you would like more information, please contact Angela Cook

Parent 4 Parent- parents of children with additional needs support group, Hosted by Birchanger but parents create a network of support for each other.

Educational Psychologist Parent 4 Parent support session, an Uttlesford based support session, run and hosted by Julie Chase- West Essex EP.

Educational Psychologist helpline: Parents and carers of Essex children with direct telephone access to an Educational Psychologist who will listen to their concerns and ideas, and help them find a positive way forward. The EP Parent Helpline is an anonymous and confidential helpline

To contact the EPS Parent Helpline call 01245 433 293

The helpline is open every Monday afternoon during term time from 1pm to 5pm. The helpline is

CAMHS, Support for children and adolescence with mental health concerns. A general practitioner (GP), teacher or social worker is able to make referrals for your child.

EWMHS- Emotional and mental health Support agency for children and young people.

You or someone on your behalf can contact the service directly on 0300 300 1600 or email NELFT-EWMHS.

referrals@nhs.net to make a self-referral. Your doctor, school, family member or any other professional can also make a referral on your behalf.

There are a wealth of useful websites that you can visit to access support, guidance and practical advice to support your child with their mental health:

Young Minds – A charity promoting awareness of and information about mental health difficulties in young people, with online information and resources for young people and parents and a parent helpline. (www.youngminds.org.uk)

Mind – Provide advice and support to empower anyone experiencing a mental health problem, including information about mental health, guides to support services, online community and links to local Mind support. (www.mind.org.uk)

Mental Health Foundation – Information about looking after your mental health. (www.mentalhealth.org.uk)

Time to Change – Movement to end mental health discrimination. (www.time-to-change.org.uk)

Youth Mental Health First Aid Training- Helps to identify need, and when further support may be necessary. (www.mhfaengland.org)

MiLife is a great online website built by young people for young people. It has a host of useful information and links to other organisations that work with young people to make them feel better. (www.milife.org.uk)