

Mental Health and Wellbeing



At St Benet's Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

Meet our Wellbeing Team

Mental Health and Wellbeing Lead: Miss Kirby

Our Wellbeing Governor is:

School Counsellor: Mrs Cousins

Our Well Being Ambassadors.

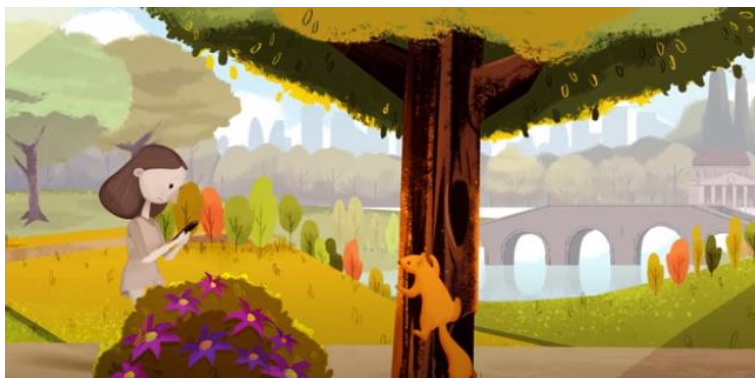


We All Have Mental Health



<https://www.youtube.com/watch?v=DxIDKZHW3-E>

What Are The Five Ways To Wellbeing



<https://www.youtube.com/watch?v=yF7Ou43Vj6c>



Help and support for Mental Health and Wellbeing can be found locally at

sunderlandcommunityscamhs.nhs.uk,
washingtonmind.org.uk and
wellbeinginfo.org

Kooth - free online mental health support for children aged 10-plus

kooth.com, a free, safe online community and counselling site for children and young people, for children aged 10-plus.

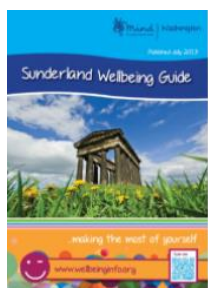
Kooth.com is available in Sunderland commissioned by your local NHS clinical commissioning group or Local Authority. We are available to children and young people in 77% of CCGs in England and look after 500k children and young people every year.

We are hugely aware of the impact of COVID 19 on your year 5 and 6 children, this is part of our support for our UKS2 children in the wake of the pandemic and as they prepare for their transition. Kooth.com is available 365 days per year with live counselling available 12 until 10pm every day.

<https://www.youtube.com/watch?v=xbYQOLeGDQ>



Additional Resources



Sunderland Wellbeing Guide