



# Emotional Wellbeing and Mental Health Provision for Children and Families

At St Mary's, we are able to support the emotional wellbeing and mental health needs of our children and families in a variety of ways. This document shows examples of the support we can put in place.

Area of Need	Home	School	Safeguarding
Protentional Methods of Support	<b>Parenting support, Bereavement, Change in Family Circumstances, Young Carer Support</b>	<b>Anxiety, Friendships, Social Issues, Low Self-esteem</b>	<b>Trauma, Domestic Violence</b>
	Home School Link Worker	Bespoke support from Class Teacher	Support from Designated Safeguarding Leads (DSLs)
	ELSA	ELSA	Communication with Children's Services
	Early Years Support e.g. <a href="#">Home Start</a>	Zones of Regulation	Referral to <a href="#">Your Sanctuary</a>
	Cool Carers Club	Nurture in Nature	Matthew Hackney Counselling
	School-led Team Around the Family	Play Therapy	Play Therapy
	School Nurse	Cool Carers	School Counselling
	Matthew Hackney Counselling	Home School Link Worker	
	School Counselling	Lego Therapy	
	Food Bank Vouchers	Nurture Club	
Byfleet United Charities	Woodland Buddies		

Every child and family is different and will need their support tailored to their individual needs. For more information about the support we can offer, please contact a member of the Senior Leadership Team on [info@stmarys-byfleet.surrey.sch.uk](mailto:info@stmarys-byfleet.surrey.sch.uk)