



Mental Health and Emotional Wellbeing **Pathways**

At St Mary's, we are able to support the mental health and emotional wellbeing needs of your child and/or family in a variety of ways, depending on the need. The document shows examples of support we can put in place.

Area of

Potential Methods

Home

Parenting Support, Bereavement, Change in Family Circumstances, Young Carer Support

> Home School Link Worker

> > **ELSA**

Early Years Support e.g. Home Start

Cool Carers Club

School-led Team around the Family

School Nurse

Outreach Services

Matthew Hackney Counselling

School

Anxiety, Friendships, Social Issues. Low self-esteem

Bespoke support from Class Teacher

ELSA

Zones of Regulation

Nurture in Nature Sessions

Play Therapy

Home School Link Worker

Lego Therapy

Safeguarding

Trauma, Domestic Violence

Support from Designated Safeguarding Leads

Communication with Children's Services

> Referral to Your Sanctuary

Play Therapy

Matthew Hackney Counselling

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, contact Mrs Harding on info@stmarysbyfleet.surrey.sch.uk