

Wellbeing Newsletter

January 2023

Meet the Team

Miss Groom: Mental Health Lead



My role is to make sure that Heathlands is a mentally healthy school.

I support the whole school community including children, staff and parents to improve their own wellbeing and mental health.

I also help those who are struggling with mental ill-health to find support.

Mrs Williamson :Pastoral lead



My job is to support our children and their families in with the range of problems they face.

These include mental health issues, family breakdown, behaviour, bereavement, financial issues, housing problems and many more.

I will help however I can and contact specialist support when needed.

If there is anything you need help with, you can contact us by leaving a message with the school office and we will get back to you as soon as we can.

What is a low mood?

Everyone feels low or down from time to time. It does not always mean something is wrong. Feeling low is common after distressing events or major life changes, but sometimes periods of low mood happen for no obvious reason.

You may feel tired, lacking confidence, frustrated, angry and worried. But a low mood will often pass after a couple of days or weeks - and there are some easy things you can try and small, everyday changes you can make that will usually help improve your mood.





Wellbeing Support

GREENHEART
LEARNING PARTNERSHIP

shout
for support in a crisis

Often, speaking out about your mental health is easier said than done. You might not know who to trust, you might be feeling frightened about the thought of opening up, or you just might not know how to find the words.

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text 85258

Birmingham and Solihull Women's Aid <https://bswaid.org/>

Call 0808 800 0028

Our helpline is open 7 days a week 9.15am-5.15pm.

Every day our specially trained team of female workers provide emotional and practical support to women and children affected by domestic violence and abuse.
You are not alone.



CALL 01823 334244

Confidential helpline for male victims of domestic abuse and domestic violence

Weekdays 10am to 4pm

Call 999 if in immediate danger



<https://www.bcabs.org.uk/>
Telephone Advice Line:

03444 77 1010

Lines are open Monday to Friday from 9:30am-4:30pm

Our service is free, confidential, independent and impartial. We will not judge you, persuade you or tell you what you should do. We will listen, explain all the options available to you and advise you on the course of action you decide to take. It is about helping you to understand both your rights and responsibilities so you can make informed choices about the problems you face.



It's okay... to speak to someone

For urgent mental health support, 24/7.
Just call **0121 262 3555** or **0800 915 9292**.

