



Mental health and Well-being

At St Cuthbert's, 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 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.

At our school we:

- help children to understand their emotions and feelings better through use of our emotions charts
- help children feel comfortable sharing any concerns or worries (Worry boxes available in classes and Worry Monster EYFS)
- help children socially to form and maintain relationships (play leaders)
- promote self-esteem and ensure children know that they count (Growth Mindset)
- encourage children to be confident (Growth Mindset)
- help children to develop emotional resilience and to manage setbacks (Growth Mindset)

Mental health and well-being links

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

<https://www.rise-ne.co.uk/> Mental Health Support, The Children's Society

<https://www.youngminds.org.uk/>

<https://www.mentalhealth.org.uk/>

Counselling

We are committed to the emotional needs of our children and recognise that there may be certain times in their lives when they require professional counselling support.

During these times of need we offer support through engagement with counsellors from the Road Centre (Chester-le-Street). The counsellor is able to form a strong relationship with the child and is able to meet with them in our quiet, calm and peaceful Prayer Room in school. Here they are encouraged and given time to explore their feelings through talk, creativity and therapeutic activities. We hope that through early intervention we can help prepare the children for a bright future, knowing there is always someone who will listen to their concerns and feelings.