

# MENTAL HEALTH SUPPORT



Mental Health plays a big part in all our lives and as a school we are working together with children, parents and staff to promote good mental health.

At Elsecar Holy Trinity we have developed a Mental Health team who are working alongside several different agencies and colleagues, within St Marys Academy Trust, to ensure we can support, signpost and promote healthy lifestyles. Our mental health team is lead by our Senior Mental Health Lead, **Mr Silverwood** who is currently undertaking training to support this role in school.

Due to the challenges life presents us with at time, our mental health can sometimes become overwhelming. When this happens, we need support to help us get back to feeling like ourselves again.

Below are some links to various websites that offer advice and support around Mental Health:

<https://www.mecclink.co.uk/> - Signposting towards Health and Well being

<https://www.place2be.org.uk> – Improving children’s Mental Health

<https://www.southwestyorkshire.nhs.uk/services/camhs-barnsley/> - Child and adolescent mental health service (CAMHS) (Barnsley)

<https://www.youngminds.org.uk/> - Young people’s Mental Health

<https://www.barnardos.org.uk/> - Support and advice for young people

<https://www.nhs.uk/nhs-services/mental-health-services/> - Adult Mental Health services

<https://www.mind.org.uk/> - Adult Mental Health support and advice

<https://www.southwestyorkshire.nhs.uk/services/spa-team-barnsley/> - Adult Mental Health support

If you need any support for yourself, your child or another family member, please do not hesitate to speak with us. You can contact us via:

*Telephone (school office)*

01226 743008

*Email*

Mr S Silverwood (Head Teacher) [S.Silverwood@smat.org.uk](mailto:S.Silverwood@smat.org.uk)

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