

Welcome back! We look forward to working with you and your school again this academic year.

To kick us off, we're providing you with a list of helpful resources to help you to better support students and their wellbeing as they return to school.

1



You may notice students showing signs of persistent low mood or sadness. Click the computer icon for e-learning on the differences between sadness and depression, and how you can support.

2



The Anna Freud Centre have created a helpful tool for primary school teachers, to action plan support for separation anxiety throughout the first term back at school and beyond

3



Check out form-time resources developed by Public Health England to support you in introducing self-care techniques for students at Key Stage 3 and 4

4



Practising grounding techniques can help bring us into the present moment, and are helpful for students and adults alike – particularly those who experience anxiety.

The Mental Health Support Team offer a telephone drop-in services for school staff. These can be used if you need guidance around supporting students with their mental health and wellbeing



We also offer a confidential telephone drop-in service for you to support your own wellbeing.
Please note, this is not a counselling service.

Click the link below or scan the code to schedule a call.
[**Mental Health Support Team Telephone Drop In Service**](#)

For blog posts, and to learn more about the support we offer, visit [our website.](#)