

Wellbeing

Emotional Health & Wellbeing

The emotional health and well-being of our students is paramount at Ashfield School.

We recognise the stresses and pressures our young people experience and seek to provide guidance to pupils, parents and carers respectively, to ensure all parties feel supported.

In this section you will find information to promote positive mental well-being, and guidance to tackle issues that may be detrimental to mental health.

Mental Health Support

School Mental Health Lead: sharon.mcara@ashfield.notts.sch.uk

CAHMS Mental Health Support Team

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams>

Young Minds

<https://youngminds.org.uk/find-help/for-parents/>

Time to Change

<https://www.time-to-change.org.uk/>

NHS

<https://www.nhs.uk/mental-health/>

My Mind Matters

<http://www.mymindmatters.org.uk/>

Mind Org

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

Samaritans

<https://www.samaritans.org/>

Anxiety UK

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

No Panic

<https://nopanic.org.uk/>

OCD UK

<https://www.ocduk.org/>

Depression Alliance

<https://www.depressionalliance.org/>

Self Harm

NHS

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

Young Minds

<https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>

Papyrus

<https://www.papyrus-uk.org/>

General Support

Rethink UK

<https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now/>

Action for Children

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

Relate

<https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers>

Anna Freud

<https://www.annafreud.org/coronavirus-support/>

Eating Disorders

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

Beat Eating Disorders

<https://www.beateatingdisorders.org.uk/support-services/helplines>

Notts Help Yourself

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=K2Ux2N1gHB4>