

# Wellbeing and Mental Health



At Grand Avenue Primary and Nursery School, we aim to promote positive mental health and well-being for our whole school community: pupils, staff, parents and carers, and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

There are times in our lives when we might need a bit of extra support and understanding with our mental health and that is ok.



Here is a list of services that can help you at the times you need it:

## Mental health Support in the Local Community

- MIND in Kingston (offers a variety of support) [Mind in Kingston – For better mental health](#)
- Kingston iCope - guided self help and therapies for adults [NHS Mental Health Services | Kingston | iCope](#)
- Connected Kingston (has a list of lots of different services) <https://www.connectedkingston.uk/>
- Healthwatch Kingston -Time to change Kingston is a social movement aiming to change the way people think and act about mental health, reducing the stigma and discrimination that many still face. [Time to Change Kingston | Healthwatch Kingston](#)
- Kingston counselling directory - this includes lots of services that are offered in the local area. [kingston-counselling-directory](#)

## National Support

- Good Thinking - A digital service with support for adults and young people [Digital mental health and wellbeing support for Londoners | Good Thinking \(good-thinking.uk\)](#)
- Stay Alive - Suicide prevention [Stay Alive App - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](#)
- MIND - lots of support including what to do in a crisis [Getting help in a mental health crisis - Mind](#)
- NHS Every mind matters - Get expert advice and practical tips to help you look after your mental wellbeing and make them part of your daily routine. [Every Mind Matters - NHS \(www.nhs.uk\)](#)
- Samaritans - Call 116 123 any time
- BEAT - helping those that are supporting someone with an eating disorder [The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](#)

## Mental health and wellbeing for young people

- Childline - 0800 1111 [Childline | Childline](#)
- The Mix (13-25 year olds) [About Us - The Mix](#)
- Young Minds [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- Kooth - an online mental wellbeing community for 11 - 25 year olds [Home - Kooth](#)