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## St Paul's Catholic Primary School

Head Teacher: **Mrs. S. Sinclair B.A (Hons)**

CEO: **M Regan OBE, DL M.Ed., B.Ed (Hons), FCIEA, CEA**

Deputy CEO: **M Shorten M.Ed., BA (Hons)**

2<sup>nd</sup> October

Dear Parents and Carers,

### Re Support for Children's Mental Health & Emotional Wellbeing

A new initiative was launched early in the year to support **St Paul's Catholic Primary School** in raising awareness of mental health in school, developing a whole school approach to mental health and wellbeing and delivering direct evidence-based support to children and parents. With this in mind, it is hoped that children and young people have a better understanding of how to look after their own mental health, they can access the right service at the right time, thus preventing any unnecessary waits or referrals to local CAMHS Services.

The Mental Health Support Team which is a collaboration between Alliance Psychological Services and Tees Esk and Wear Valley CAMHS and funded by Department of Education and Department of Health is available to support on a wide range of difficulties and support children and young people experiencing mild to moderate traits of low mood, anxiety and behaviour. The team will be encouraging the development of self-care skills and self-help techniques and explore different ways of coping with mental health. This will be in a variety of ways including individual and group interventions and delivered both in school and remotely using a range of digital platforms.

To find out more information about how the Mental Health Support Teams can help visit <https://www.alliancepsychology.com/young-people/mhst-trailblazer/>

If you have any worries that your child may be experiencing difficulties, please highlight these with Sheena Sinclair (Headteacher) OR Marie-Louise Peacock (Deputy Headteacher/SENDCo) in the first instance who can provide initial guidance and support and who may put you in touch directly with the MHST

Kind Regards

Marie-Louise Peacock  
Deputy Headteacher/SENDCo

Tees, Esk and Wear Valleys   
NHS Foundation Trust

