

# Mental Health in Education Newsletter

Issue 12 – Summer 2025

## Welcome

### to our Mental Health in Education newsletter for Summer Term 2025

Please share this newsletter with your school staff and display it in your staff rooms.

If you would like to contribute anything for future newsletters, make suggestions or requests please email [claire.gwyer@stockport.gov.uk](mailto:claire.gwyer@stockport.gov.uk) (including to request this newsletter in digital form if you are reading a paper copy).

If you would like to give us any feedback about the newsletter or padlets to help us improve the information we share, please use this link: <https://forms.office.com/e/pkKLnj6KsP>

## Thriving



### Mentally Healthy Schools Summer Calendar

The termly calendar from Anna Freud Mentally Healthy Schools can be viewed [here](#)



Topics for this term include:

- Stress Awareness Month
- Build-up to exams and assessments
- Mental Health Awareness Week
- Pride Month
- Preparing for school, college, or university
- World Wellbeing Week

End of term and transitions

### Whole School Approach

Thank you to all the schools who expressed an interest in working with us on Whole School Approach. This project will take a similar format to the Poverty Proofing project that many schools have taken part in. This involves engaging in a whole school review of current practices and identifying areas where school can have most impact to support the mental health and wellbeing of the whole school community. We look forward to sharing with you how this project progresses.

If you would like to know more please email [claire.gwyer@stockport.gov.uk](mailto:claire.gwyer@stockport.gov.uk)

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## **Advice and Signposting**

### **Support during exams**

Taking exams and getting the results can be a worrying time for young people and their families, with the pressure to do well causing stress and anxiety, changes in mood and difficulties with sleeping and eating.

Here are some tips to help young people manage these feelings or support someone going through this:

- Prioritise physical well-being: make sure you get enough sleep, eat nutritious food and exercise regularly
- Create a realistic revision timetable: break down tasks into manageable chunks.
- Practice relaxation techniques: deep breathing, mindfulness, or meditation can help manage stress.
- Talk to someone: share your feelings with friends, family, teachers, or other trusted individuals and seek support.
- Challenge negative thoughts: focus on what you can control, like your revision plan.
- Seek professional help: if anxiety or stress is overwhelming consider talking to a counsellor, therapist, or mental health professional.

We have added a section to our Padlets with links to websites that contain useful information to support young people and parents during this time.

### **SPEAK Suicide Prevention Training for Schools and Colleges**

There are a few final places left on the funded Papyrus UK SPEAK (Suicide Prevention Explore, Ask, Keep-Safe) half day training course on **15<sup>th</sup> May 2025** in the afternoon. The sessions will take place at The Pendlebury Centre. Book here: <https://www.papyrus-uk.org/training/nw-speak-stockport-council-2/>

This training is an introduction to suicide prevention skills. The key objectives are:

- To consider the attitudes, myths, and stigma that surround suicide
- To recognise and explore the 'signs' that may indicate someone is having thoughts of suicide
- To encourage an open, safe and sensitive conversation about suicide with a person having thoughts of suicide
- To support a safety plan with someone thinking of suicide.

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## Kooth

In April, as well as marking stress awareness, Kooth have been highlighting emotionally-based school avoidance (EBSA). Kooth have created a new EBSA video and assets. 'More than an empty chair' is a short video based on the concept of an empty chair in a classroom and highlights some of the reasons behind absence from school. The words in the video come directly from service users on Kooth and have been voiced by other young people.

This has been shared on social media, with helpful information and links to Kooth. The video is on our YouTube channel [here](#). You can download and share the poster [here](#) (or from the Padlet [here](#) )



You are not alone.  
We're here to listen.  
[www.kooth.com](http://www.kooth.com)

## 'Moving Up' transition resources from the Solihull Approach

Moving up and changing school is a big change for children, parents and caregivers. Parents role is to help children to cope with and overcome their fears, to nurture them to feel brave and capable. The Solihull Approach have produced resources to support transitions to nursery, primary and secondary school. These resources aim to promote understanding around how children and parents experience these periods of transition to help children developmentally, physically and emotionally. There resources can be access at: <https://inourplace.co.uk/moving-up/>. Please share this link with your school community.



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## Family Hub App

The One Stockport Family Hubs app is packed with expert advice, local information, and personalised support to meet the needs of families from pregnancy to raising young adults.

Please take a moment to download the app and explore its features:  
<https://www.stockport.gov.uk/landing/family-hubs>.



If you would like posters, leaflets or cards to promote the app among families you work with, please email [family.hubs@stockport.gov.uk](mailto:family.hubs@stockport.gov.uk).

## Mental Health Community Fair

Please share the information below about the VCSFE Community Mental Health Fair with your families:

As part of [Mental Health Awareness Week 2025](#), you're invited to the [Stockport VCFSE Mental Health Community Fair](#) — a two-day event bringing together local voluntary sector organisations to celebrate and support mental health and wellbeing in our community.

📍 Where: Merseyway Shopping Centre, Stockport

🕒 When: Mon 12th & Tues 13th May, from 10am–2pm

### 🍌 What's happening?

- Drop-in information stalls with local VCFSE organisations
- Friendly advice and signposting
- Community activities and ideas for better mental wellbeing

Whether you're looking for support, want to learn more or just want to connect with your local community — this event is for you. Led by Stockport's [VCFSE Mental Health Network](#), this is your chance to meet local voluntary sector organisations and find out more on what support is out there for you!





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Those who need focused goals-based input

Getting Help

## Getting Help

### Feelings and Faces

Primary Jigsaw's Feelings and Faces Creative Health Project continues in partnership with ARC. This is a group for children who have a parent or carer with a life limiting condition or diagnosis. The families who attend are on a journey with cancer and through the group have created a network for the children and parents. The group has now been running for two years and the families have formed supportive and understanding friendships. The art based sessions are held monthly at a Bramhall Primary school, if you have a family who you think would benefit please contact [anna.purvis@stockport.gov.uk](mailto:anna.purvis@stockport.gov.uk) or [primary.jigsaw@stockport.gov.uk](mailto:primary.jigsaw@stockport.gov.uk) for more information.



### Beacon

#### Free Counselling

Beacon are now able to offer a free counselling service for children and young people living in Stockport (SK1–SK8), where a parent or guardian is in receipt of Universal Credit. This is funded by the CRH Charitable Trust and Manchester Guardian Society Trust.

#### Compass

Beacon's Compass is a free e-therapy service, which uses Silvercloud to give young people the opportunity to explore feelings and learn coping strategies with the support of one of their Emotional Wellbeing Workers. Young people work through a series of modules at their own pace using the online platform, with regular check-ins with the Emotional Wellbeing Worker to keep progress on track. They have access to Silvercloud for up to 12 months after completing the sessions. Young people can access Compass if they:

- Are 14 - 17 years old
- Are experiencing anxiety or low mood
- Live within an SK1–SK8 postcode area or are registered with a GP practice in SK1–SK8.
- Have an email address

To register with these services, visit the website to complete the online registration form or call the appointments team: [www.beacon-counselling.org.uk](http://www.beacon-counselling.org.uk), tel: 0161 440 0055, email: [admin@beacon-counselling.org.uk](mailto:admin@beacon-counselling.org.uk)

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## Padlet links:

- ❖ [Mental Health in Education Padlet for Schools and Colleges](https://padlet.com/CYPMentalHealthStockport/School_padlet_professionals)  
[https://padlet.com/CYPMentalHealthStockport/School\\_padlet\\_professionals](https://padlet.com/CYPMentalHealthStockport/School_padlet_professionals)
- ❖ [Mental Health and Wellbeing Support Padlet for Children and Young People](https://padlet.com/CYPMentalHealthStockport/_Young_People_Thriving_In_Stockport)  
[https://padlet.com/CYPMentalHealthStockport/\\_Young\\_People\\_Thriving\\_In\\_Stockport](https://padlet.com/CYPMentalHealthStockport/_Young_People_Thriving_In_Stockport)
- ❖ [Supporting your child's wellbeing Padlet for parents/carers:](https://padlet.com/CYPMentalHealthStockport/parents_carers_wellbeing)  
[https://padlet.com/CYPMentalHealthStockport/parents\\_carers\\_wellbeing](https://padlet.com/CYPMentalHealthStockport/parents_carers_wellbeing)
- ❖ Stockport Neurodiversity Support for Children & Young People (5-16)  
[https://padlet.com/stockport\\_autism\\_programme/stockport-neurodiversity-support-for-children-young-people-5-vsray0kgugoivc6g](https://padlet.com/stockport_autism_programme/stockport-neurodiversity-support-for-children-young-people-5-vsray0kgugoivc6g)

## Family Hubs Newsletter

Please take 5 minutes to read the March 2025 [Family Hubs Newsletter](#). This newsletter is intended for people who work with or are involved with families, not for families themselves. [Sign up](#) for the newsletter to connect with Family Hubs and stay informed about network developments and new support offers.

## Dates for Your Diary

-  Tuesday 10<sup>th</sup> June, 9.00-12.00 **Primary PSHE Network**, Heatons Lane Sports Club (book via Learning Leads)
-  Thursday 17<sup>th</sup> June, 9.00-12.00 **Pastoral Leads (Primary and Secondary) Network**, Heatons Sports Club (cost £30 book via SLA online)
-  Thursday 10<sup>th</sup> July, 9.00-10.30am – **Checkpoint, Emotional Wellbeing Network for Schools**, Pendlebury Centre

*Stockport Mental Health in Education is a partnership programme between the following:*

