

Our school Mental Health lead is: Karen Myler

At The Croft we are committed to supporting the emotional health and wellbeing of every child. We believe that the school can help pupils build resilience and improve their mental health.

As a school we actively encourage the children to express and talk about their feelings including how we can look after our both our minds and our bodies. The children have opportunities to talk with adults who they are comfortable with in a safe, nurturing environment.

Information for parents and carers of primary aged children.

We all have ups and downs in life but in childhood it can be particularly hard to cope with sad feelings and worries that arise when things are hard or scary. Sometimes, there is no obvious cause of trigger, and that is okay. Just like adults, children sometimes do not know why they feel a certain way and they don't necessarily have the words to explain it. This is where seeking help can be important, as it allows to give those feelings some meaning.

If you are worried about your child's mental health then you are not alone. Many parents and carers have similar worries and stresses . There is good support available from local and national organisations. The sooner you seek help the better for your child and you.

Local services available for children

The School – Please talk to us about your concerns, so that we can work together to help your child feel better. In the first instance please speak to your child's class teacher by arranging a convenient time to meet them. They will then liaise with Miss Myler, our Mental Health Lead for further advise and support.

Your GP – A GP can check any physical symptoms linked to your child’s health and talk with you about their emotional well-being making a referral to a specialist service if necessary.

The School Nurse <https://localoffer.swindon.gov.uk/content/send-local-offer/landing-pages/health-landing-pages-and-content-pages/swindon-school-nursing-service/> – Parents/carers can contact the Swindon Borough Council School Nurse Service for advice and support on a range of health issues.

Child and Adolescent Mental Health

Service (CAMHS) <https://www.oxfordhealth.nhs.uk/camhs/bath/> – A free NHS service that assesses and treats 0-18-year olds with emotional, behavioural or mental health difficulties.

Websites that offer advice and/or information

The following organisations provide reliable information and advice to help parent/carers to support their child when experiencing emotional difficulties:-

Young Minds: – Help for Parents <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/> – Information about all aspects of child mental health, including a Parent Helpline 0800 802 5544

Childline <https://www.childline.org.uk/info-advice/> – Lots of information and tips for children of all ages about feelings and difficult situations.

[Parents and Careers](#) | [Advice and Guidance](#) | [Anna Freud Centre](#)

[NSPCC](#) | [The UK children's charity](#) | [NSPCC](#)

[HappyMaps](#) | [Support for Your Child's Mental Health](#)

Mosaics of life therapies - <https://mosaics-of-life-therapies.co.uk/>

Looking after your own mental health

Your own mental health and wellbeing is critical to your ability to support your child/children. Being a parent or carer can be difficult, especially if you are facing personal or financial challenges. It can help to talk to someone, such as a friend, family member or your GP, if you feel comfortable doing this. The following organisations can also offer information and advice to help:

Swindon Mind <https://www.sgmind.org.uk/> – 01793 432031

[Mental Health and Wellbeing Centre supporting Swindon area \(ipsum.care\)](#)

[TWIGS Community Gardens](#)