



Mental Health Support

Supporting Families



Pupil Wellbeing

At Clare Mount Specialist Sports College we understand that the current climate can cause stress and anxiety for our children and their families, below are some things that may help everyone to stay positive and calm.

Clare Mount works closely with the Local Authority and provides a bespoke counselling service in school to support all of our pupils.

Child in Mind

Anna Freud National Centre for Children and Families have produced a series of expert podcasts to **help parents understand and manage child and family mental health** problems called Child in Mind. They are available to find here: [Anna Freud National Centre for Children and Families](https://www.annafreud.org/resources/).

<https://www.annafreud.org/resources/>

Talking Mental Health

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond. The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

We All Have Mental Health

Download the accompanying teacher toolkit from <https://www.annafreud.org/wahmhtoolkit> It's free! We All Have Mental Health is an animation designed to give young people aged 11-14 a common language and understanding of what we mean by mental health and how we can look after it.

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

<https://opendoorcharity.com/>