

MENTAL HEALTH & WELLBEING AT HOLY FAMILY

Taking care of your mind is just as important as caring for your body. At Holy Family we have a Whole School approach, recognising that emotional health and wellbeing is everyone's responsibility. It is embedded in our culture and ethos of the whole school. We know that focussing on well-being and mental health not only enables us to provide a healthy and happy environment for pupils and staff and prepare the citizens of tomorrow with sound character and values, but also directly supports our more immediate mission: the promotion of effective learning.

Our staff are well placed to spot early signs of a problem. With the support of the Oldham Whole School Emotional Health and Mental Wellbeing Framework [Supporting Young Minds Through Tough Times](#) we aim to promote social, emotional and mental wellbeing in order to tackle mental health problems. We understand it is our responsibility to make a positive impact on our children's lives.

Five Ways to Well Being





In order to do this, children are given the opportunity to access a range of counselling services which have included Youth in Mind, Healthy Young Minds and Play Therapy.

Children are aware of the need for a healthy mind as well as a healthy body and they are encouraged to talk to members of staff, which includes our experienced Pastoral Support Officer, or ask for help anonymously using one of our many help boxes, if they feel they need support.



Children are also sign posted to outside agencies if they would rather access support from home, or if they feel that a member of their family needs support

Helpful Websites:

Samaritans (helpline providing assistance for anyone struggling/distressed)
www.samaritans.org Freephone 24/7: 116123

Papyrus (helpline for young people)
Call: 0800 068 41 41 or text: 0778 620 9697 (Mon-Fri 10:00am-10:00pm,
Weekends 2:00pm-10:00pm)
Email: pat@papyrus-uk.org

Calm (charity aiming to help men's mental health)
Call: 0800 58 58 58 (5:00pm-midnight every day)

Switchboard (lgbt+ advice and mental health hotline)
Call: 0300 330 0630 (10:00am-10:00pm everyday)
Email: chris@switchboard.lgbt

7 Cups of Tea (online counselling service)
www.7cups.com

Young Minds (young people's mental health charity)
www.youngminds.org.uk
Text: YM to 85258 (for urgent help)

Be Mindful (for mindfulness/meditation/calming tools)
www.bemindful.co.uk

Anxiety UK (for help, resources and information on anxiety)
www.anxietyuk.org.uk
Email: support@anxietyuk.org.uk

Student Listeners (Cranbrook School's student peer listening service)
www.studentlisteners.com

External Agencies

[Anna Freud Organisation - National Centre for Children and Families](#)

[MIND Charity](#)

[TOG MIND \(Tameside, Oldham and Glossop\) Charity](#)

[Young Minds Charity](#)

