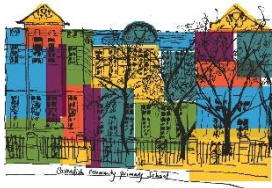


Cavendish Community Primary School



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Mental Health Concerns

Being a parent and carer is the most important job in the world yet it's also extremely challenging. Everybody has difficult times and we want to share some possibilities for support and advice. Whether it's support for your children or advice for yourselves, there's a lot of support out there for you and we are always happy to help at Cavendish.

Useful links and websites we recommend:

<p><u>Place2Be</u></p> <p>Place2Be have endless advice, guidance on mental health conditions and signpost us to lots of other useful sites. Place2Be Parenting Smart also has common difficulties faced with videos and short blogs.</p> 	<p><u>Nip In The Bud</u></p> <p>Nip in the Bud® works with mental health professionals of the highest standing to produce FREE short evidence-based films and fact sheets to help parents, educationalists and others working with children to recognise potential mental health conditions.</p> 	<p><u>M-Thrive</u></p> <p>M-Thrive is the 'front door' to Manchester's emotional wellbeing and mental health offer. The team work alongside community based services not traditionally acknowledged for their role in the improvement of good mental health and wellbeing, to enhance their offer. You can self-refer online or access via your GP.</p> 
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Other useful sites include: **YoungMinds, Anna Freud, NSPCC** and of course **NHS UK**.

If you have any questions regarding mental health, please don't hesitate to get in touch.

Mike Tate

Mental Health Lead

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Creating Brilliant Citizens