



Dedicated to helping individuals and businesses recognise and reduce stress.

Telephone: 0203 142 8650

Web: [stress.org.uk](http://stress.org.uk)

## NATIONAL DEBTLINE

A free and confidential advice service to help you improve your financial situation and take control of your debts.

Telephone: 0808 808 4000

Web: [nationaldebtline.org](http://nationaldebtline.org)

**1 in 4**

**People in the UK will experience a mental health problem each year.**

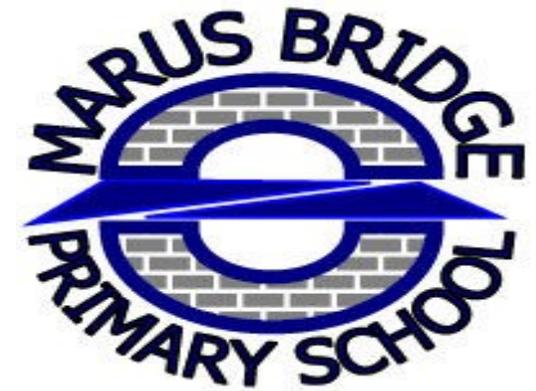
**1 in 8**

**Will seek out help**

**We want everyone at Marus Bridge Primary School to work and learn in a positive and supportive environment.**

**To help bring mental health to people's attention, we encourage you to remember the SPOT principles:**

- S**ee the signs
- P**rovide opportunities to talk
- O**ffer a listening ear
- T**alk to a professional



## Mental Health First Aid

**MENTAL HEALTH FIRST AID**

IS JUST AS IMPORTANT AS PHYSICAL FIRST AID



## Mental Health First Aid

Our qualified Mental Health First Aiders are here to listen, talk and help you find the right support.

### MHFA Team



Sara Taylor

Kooth - <https://www.kooth.com> - sign up online

Young Minds - <https://youngminds.org.uk>. Text YM to 85258

Shout - <https://www.crisistextline.uk>  
24/7 text SHOUT to 85258

**There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.**

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They can give you initial support and signpost you to appropriate help if required. Please contact us:

**[s.taylor1@marusbridge.co.uk](mailto:s.taylor1@marusbridge.co.uk)**

**[K.bish@marusbridge.co.uk](mailto:K.bish@marusbridge.co.uk)**

Mrs Taylor is a qualified Mental Health First Aider for Youth and Adults. If you are worried about a child in school please contact; **[pastoral@marusbridge.co.uk](mailto:pastoral@marusbridge.co.uk)**  
Or contact Karen Bish, Pastoral Manager.

You can still ask for support with your mental health by phoning Wigan CAMHS 01942 764473 .and asking for Maria Norris. After 5pm and weekends please phone 0800 051 3253.

**There's a whole host of other organisations out there to offer help when you need it most.**

**Here's a few of them:**

**SAMARITANS**

Helping you explore your options so you can make decisions that are right for you.

Telephone: 116123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)



For professional, non-judgmental support and advice that all members of the family can freely access.

Telephone: 0808 800 2222

Web: [familylives.org.uk](http://familylives.org.uk)

**relate**  
the relationship people

Offering a free and completely confidential chat with trained relationship counsellors.

Telephone: 0300 100 1234

Web: [relate.org.uk](http://relate.org.uk)