



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.**

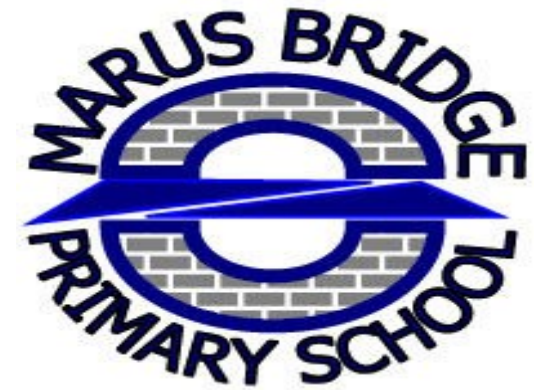
**1 in 8**

**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



Emma Sharp



Sara Taylor

**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 are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health Please contact us:

**[e.sharp@marusbridge.co.uk](mailto:e.sharp@marusbridge.co.uk)**

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

Or just ask us for a private conversation if you see us about school.

We are qualified Mental Health First Aiders 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

**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)