



Help is available 24 hours a day, 7 days a week.



Wigan CAMHS Team on 01942 775400
open 9-5pm please call 0800 051 3253
after 5pm

Greater Manchester Mental health
Telephone: 0800 0513253



Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com



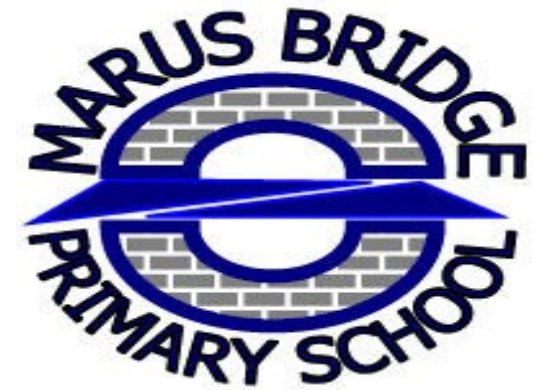
10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

(Children's Society, 2008)

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

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
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

YOUNGMINDS

The voice for young people's mental health and wellbeing

Web: www.youngminds.org.uk

Text: YM to 85258

We are a Mental Health charity for chil-



We're the leading children's charity in the UK.

Telephone: 0808 800 5000