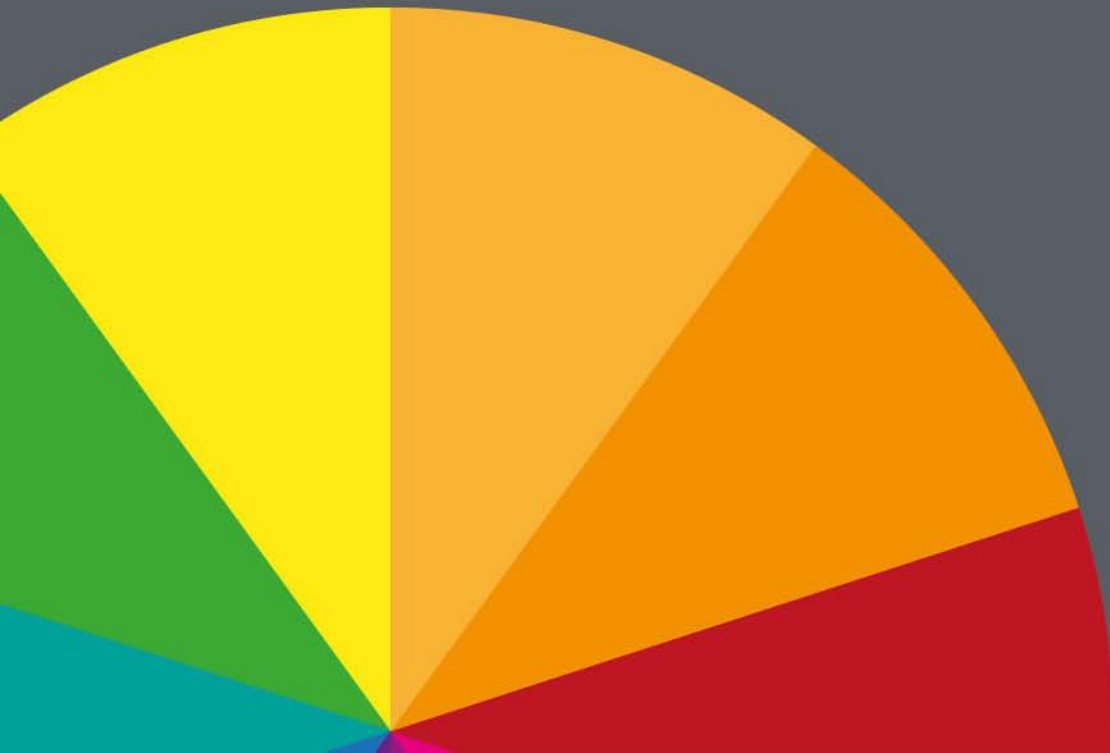



response 

Mental Health Schools Team



As a charity response recognises that although children and young people do depend on others, they are continuing to learn and grow.

In the process they learn the skills to look after themselves and make decisions about their lives.



Everybody knows how to look after ***physical health*** but looking after our ***mental health*** is just as important.

[https://www.youtube.com/watch?v=DxIDKZH  
W3-E&t=2s](https://www.youtube.com/watch?v=DxIDKZH<br/>W3-E&t=2s)

**response**

**At response we take a 360 approach to Mental Health, this means looking at the big picture and how this can have an impact on your emotional and mental wellbeing.**

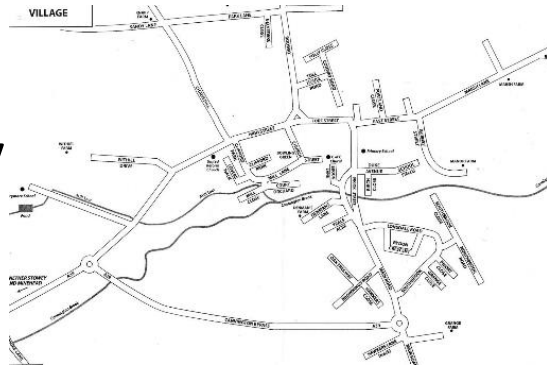
**School**



**Friends**



**Wider  
community**




**Peers**



**Family**

**response**



How to  
get support  
from us...

- **Speak to your Tutor or the Pastoral Lead**
- **Ask the Designated Mental Health Lead**
- **Come and find us yourself in the after school drop in sessions**