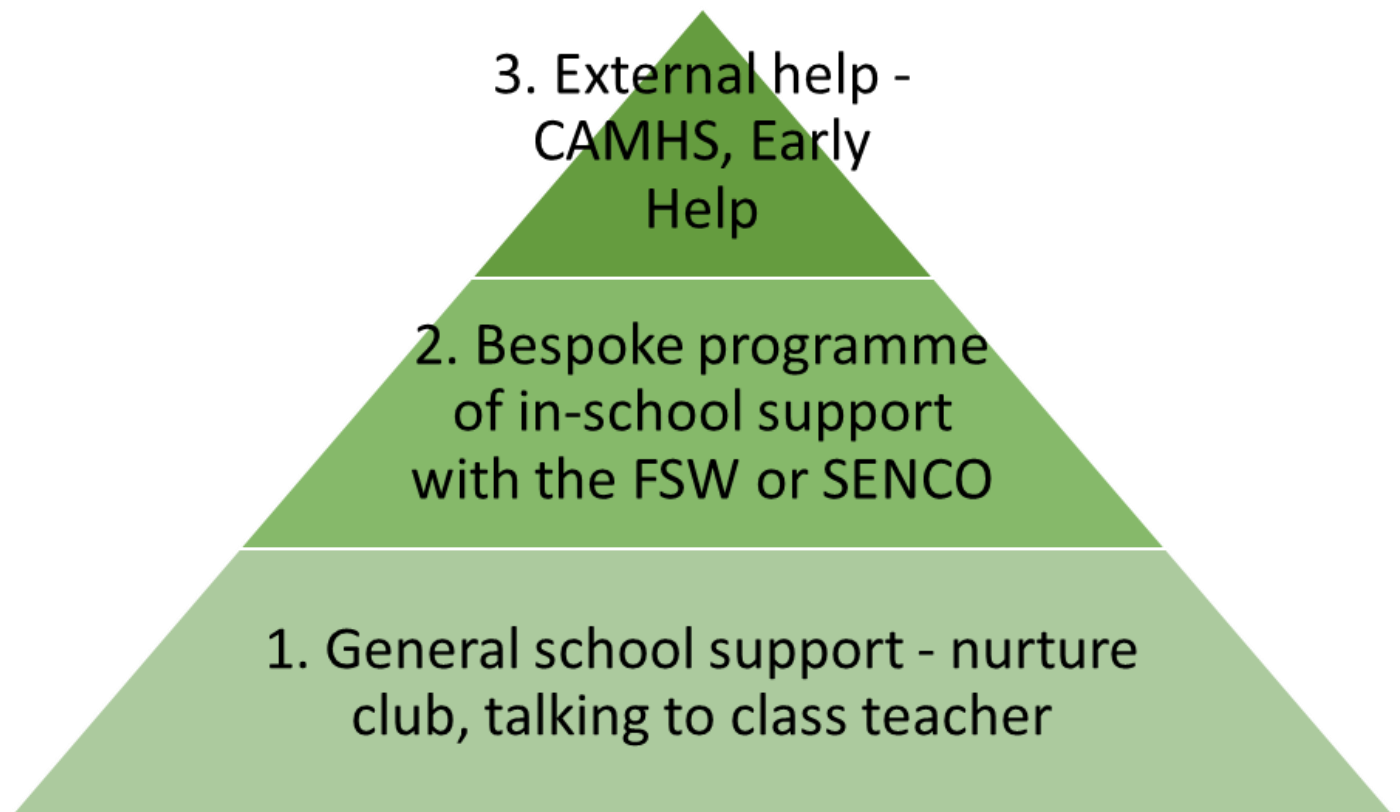


What can I do if I am worried about my child's mental health and wellbeing?

At Meriden we work towards positive Mental Health and Wellbeing in the whole of our school community, for adults as well as children. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable pupils. We ensure that when pupils are unhappy, anxious, disturbed or depressed there are open channels for them to seek or be offered support, without stigma and with appropriate confidentiality. We promote emotional health and wellbeing and help pupils to understand their feelings.



1. The first step is to talk about things at home and at school so adjustments can be made
2. When a concern persists, Sarah Parker (FSW) or Sue Frankish (SENCO) can deliver targeted individual support
3. Sometimes a child needs support from an expert and at this point a referral will be made.

Mrs Anderton, Miss Parker and Mrs Frankish lead on mental health. We also have mental health first aiders in school. If you are concerned about your child please don't delay—speak to us.

Call 01676 522488 or email Sarah Parker in the first instance: s77sparker@meriden.solihull.sch.uk