

Mental Health & Wellbeing Support

Our Designated Support Team

Becky Freely – SENDCo & Mental Health First Aider

Anne Emerson – School Counsellor

Mica Coleman Jones – Head of Provision



For Students

Our personal, social, health and economic education lessons include sessions that build emotional resilience, self-awareness, healthy coping strategies, and peer support.



When students need extra help, they can access:

National Support

[Samaritans](#) – 24/7 call: 116 123

[Shout](#) – 24/7 text Shout to 85258

[Hub of Hope](#) – Mental health support directory

Local Support (Nottingham)

[MHST](#) (Mental Health Support Team): Offers consultations, workshops for students and training for staff

[CAMHS](#) (Child and Adolescent Mental Health Services) [Targeted & Specialist Services](#) Drop-ins, crisis response, counselling. Call 0115 876 4000 (ages 0-18)

[Kooth](#): Digital mental health service for young people (ages 10-25)

[Base 51](#): In-person counselling and crisis drop-in. Call 0115 952 5040

SHARP (Self-Harm Awareness & Resource Project): School clinics and 1:1 support; contact MHST for access

[NottAlone](#): Support services for young people.

For Staff

MHST provides consultations and wellbeing workshops

Wellness in Mind (Nottingham adults): Free weekday support, 9:30–16:00, city centre

Nottinghamshire Crisis Line 24/7 0808 196 3779

SANEline info & support 0300 304 7000

CALM (suicide prevention charity): 0800 58 58 58



For Parents & Families



MHST/CAMHS: Can be accessed via school or self-referral MHSTNottsCity@nottinghamcity.gov.uk or SPA 0115 854 2299

YoungMinds: Advice and guides for parents
0808 802 5544

MIND: Support for adult wellbeing
0300 123 3393

Harmless / Tomorrow Project: Support for self-harm & suicide prevention 0115 880 0280

Crisis Sanctuaries: Evening drop-ins in for adults 18+

In Emergencies

Youth (under 18): CAMHS Crisis – 0808 196 3779

Adults (18+): Nottinghamshire Crisis Line – 0808 196 3779

Adults/Caregivers:

Nottingham City emergency duty team: 0115 915 9299 (after hours via 915 5555)
Nottinghamshire County after hours: 0300 456 4546

Always call 999 or attend A&E if immediate danger or injury.

Additional Resources

Every Mind Matters: NHS self-help tips

Nottinghamshire Healthcare NHS Trust: Local mental health trust with community services

University of Nottingham HealthyU: Student/staff wellbeing and workshops

How We Support Mental Health at School

- Our PSHE programme promotes emotional wellbeing, stress management, and peer support.
- Targeted sessions for students on transitions, exam stress etc.
- Staff training equips all staff to recognise signs, respond sensitively, and signpost effectively.
- Drop-in availability with our Counsellor and Mental Health First Aider for those in need.

Getting Help

You can talk to Becky, Anne, or Mica at school anytime.
Encourage your child to speak with a trusted adult at school.
For urgent concerns outside school hours, use the numbers listed above.



You are not alone, support is out there for students, staff, and families.