

It's OK not to be OK

Are you struggling with your mental health or wellbeing?

You can speak to any adult in school if you are feeling upset or down or worried about how you are feeling.

However, there are specially trained staff in school who can help, who you can come and speak to any time.

The following staff are Mental Health First Aiders:



Mrs Richardson-Dunn
Wellbeing Lead



Mrs Tomlin



Mrs Smith



Ms Moran



Miss Britton



Mrs Lanaghan



Mrs Graham