

Mental Health and Well-Being Newsletter



A very big Thank You to all the children and staff that helped raise £375.38 for Place 2 Be during Children's Mental Health Week. It really does help raise awareness and also enables us to raise funds for such a fantastic charity.

NEW— Crisis Support

If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258.

If your life is in imminent danger, please call 999.

shout
for support in a crisis



Guest Speaker—Satveer Nijjar

Satveer came into the school last week to talk to the parents about Self Harm. What a fantastic event it was. Please do keep an eye out for our next Mental Health Awareness event.



NEW—Employee Wellbeing

At Alvechurch school we will be working towards gaining a Thrive at work award. Thrive at work is a workplace commitment with criteria and guidelines on creating a workplace that promotes employee health and wellbeing. Focusing on key areas such as health and safety, training, mental health, physical health and promoting healthy lifestyles.