



Pupil support

Dear Pupils,

Your emotional well being and welfare is our priority and while you are learning from home we wanted to ensure you have the support and assistance during these bizarre times. You may have your own coping mechanisms, but we want you to know that it is OK to ask for support. We are here for you.

mhfa@claverham.org

Free **Virtual Talks** for schools can be found here: <https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

These talks cover topics such as building confidence, encouraging females to enter the UK film industry and how sport can impact lives

MENTAL HEALTH MATTERS

Are you currently experiencing difficulties with:

- anxiety (whether or not this is linked to COVID-19)?
- low mood?
- sleep difficulties?
- healthy eating?
- worry?
- self esteem?

Speak to or email Mr Lochan Grimer for more information on referrals to see your school's trainee Education Mental Health Practitioner (EMHP).

sessions are online and confidential

IT'S OKAY TO ASK FOR SUPPORT

East Sussex County Council



Covid-19 <https://www.healthylondon.org/resource/schools-mental-health-toolkit/>

This page provides a summary of resources relating to COVID-19 including guides to help manage mental health, advice guides and personal stories from organisations aiming to support better mental health and wellbeing for children and young people.

Good Thinking—General Mental Health Advice

[Looking after your mental health](#) [5 ways to good mental wellbeing](#)

[Staying mentally well whilst self-isolating Q&A](#)

[Getting enough sleep](#) [Benefits of healthy sleep patterns](#)

[Dealing with stress](#) [Fact of friction? How to avoid fake news about coronavirus](#)

[Managing conflict and domestic abuse](#)

[Useful links \(children, young people, parents, helplines\)](#)

[How to maintain a healthy, balanced diet](#)

