



MENTAL HEALTH

NSB TERMLY NEWSLETTER

WELCOME

Welcome to NSB's new Mental Health termly newsletter!

MEET THE TEAM



Mental Health Team


Mrs Spencer- SENDCo & Mental Health First Aider


Mrs Greenaway- Senior Mental Health Lead & Mental Health First Aider


Miss Farkas- SEMH Lead & Mental Health First Aider


Mrs Souter- Mental Health Practitioner


Miss Lattimore- SEMH Mentor

Mental Health First Aid Team


Miss Kennedy


Mrs Rutherford


Mrs Hollobon


Mr Armstrong


Mr Bradbury


Miss Alderson


Mr Elder


Mr Beaumont


Mr Winfield


Mr Goswell


Mr Loughney

SUPPORT FOR MENTAL HEALTH IN SCHOOL

- Counselling
- Exam Stress Workshops
- Solution Focused Coaching
- Psycho-education Groups
- Mental Health First Aid
- Self Regulating Spaces
- CBT Informed Intervention
- Protective Behaviours
- Emotional Literacy Support Assistant
- Emotional Regulation Toolkit
- Peer Mentoring
- Drawing and Talking
- Nurture Group
- Walking and Talking Therapy
- Sensory Circuits
- Sound Therapy
- Yoga Therapy
- Guided Meditation



CHILDREN'S MENTAL HEALTH WEEK

5TH - 11TH FEBRUARY, 2024

THEME: MY VOICE MATTERS

We are hosting a Mental Health Fair for students in the 1911 hall during lunch time on Wednesday 7th February.

We are very excited that organisations from across Northamptonshire have agreed to join us with stalls and information on mental health and how to access support.

The organisations include:

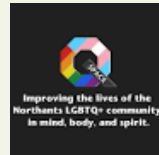
The Lowdown - a Charity providing free and confidential support services for 11-25 year olds.

KidsAid - a child-centred charity with a focus on prevention, healing and empowerment for children and families.

Q Space - a weekly social and support youth group for LGBTQ+ young people aged 12-17.

Papyrus - a charity who support with the prevention of suicide and promotion of positive mental health and emotional wellbeing (post 16).

Please click the links and logos below for more information.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

There are also House Assemblies each day led by student House Leaders on 'My Voice Matters'

MENTAL HEALTH RESOURCES

[PARENTS' GUIDE TO LOOKING AFTER YOUR MENTAL HEALTH | YOUNGMINDS](#)

[SELF HELP ANXIETY RESOURCES](#)

['HERE 4 YOU' TACKLES YOUNG PEOPLE'S MENTAL HEALTH- ROMAN KEMP](#)

'Childhood should be the happiest time in a person's life, yet for thousands of children who develop mental illness in childhood or adolescence, the reality can be very different.'

Government Response to the Children and Young People's Mental Health Green Paper Consultation (2018).

IF YOU HAVE A MENTAL HEALTH CONCERN ABOUT YOUR CHILD, PLEASE REPORT A CONCERN ON AIM