

## MENTAL HEALTH & WELLBEING FOR PUPILS & CARERS

We all find ourselves suddenly in a period of huge uncertainty. The current crisis is impacting us in so many ways and the suddenness is taking a while for us all to process. Life feels very different.

Although, for the immediate future, most of the children and staff are no longer in school we want to carry on supporting our children and families in as many ways as possible.

We are aware that this will be a challenging period for families. If you are concerned about your child's wellbeing during this time you can contact either Maria or Lynne via email at the addresses on the bottom of this page. We will help wherever possible.

In addition to this we will be sharing articles and information that might be helpful in supporting both your child's and your own mental health and wellbeing. Check on here regularly and you will find info that might be useful.

Please remember that although we may not be available in person for a while but we are here and can support you in other ways.

If there is any way you think we could help please don't hesitate to let us know. The world may seem a scary and confusing place at the moment but together we can definitely overcome this challenge.

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