

Where to get help – Primary Phase



There are many services you can ask a member of the Wellbeing Team to refer you to. Please speak with any staff member if you want more information. All staff promote positive mental health in lessons and assemblies and can offer all pupils advice and guidance

Support led by school staff / pupils

Peer Mentoring

Post-16 PALS and Wellbeing Ambassadors offer mentoring across the school

ELSA

An Emotional Literacy Support Assistant who can help young people with various aspects of emotional wellbeing

Social and Emotional Wellbeing Programmes

A focused, short-term, nurture-based intervention for pupils with social and or emotional difficulties



Support led by outside agencies

School Nursing Service

This service can offer a variety of support for mental and physical health

S.P.A.C.E. Wellbeing Monmouthshire

SPACE Wellbeing Referrals

A referral to SPACE can access mental health supports through such as CAMHS, young carers, the Youth Service etc.



CAMHS in-reach

Our in-reach practitioner can advise staff on how to support you



The Baxter Project

An intervention that builds positive relationship and resilience