

Adult Mental Health Support

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time. Please follow the link for details: [_https://hubofhope.co.uk/](https://hubofhope.co.uk/)



World Mental Health Day 10th October 2021

At Dane Royd, we are dedicated to supporting the Mental Health and Wellbeing of staff, students and families. In school on Monday 11th October, we will be doing a number of things to participate in World Mental Health Day. These include a whole school assembly delivered by Miss Bottom, our Mental Health Lead, and each class will be participating in PSHE lessons about how to look after their well-being. Over the next term we will be asking the children their thoughts on wellbeing at Dane Royd through a Pupil Voice Survey to gain insight into what we can do to improve our Mental Health and Wellbeing support.

On our school website, you can find the Safeguarding tab in which there is lots of information about services in Wakefield and beyond to help children and families access support.

<https://www.daneroyd.com/family-support>

Mental Health Support for Children and Young People

Young Minds

<https://www.youngminds.org.uk/parent/>

Place to Be

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

Action for Children- Parent Talk

https://parents.actionforchildren.org.uk/?_ga=2.130130061.366929122.1632667100-739996755.1632667100

BBC Bitesize- Parent Support

<https://www.bbc.co.uk/bitesize/articles/zy44bqt>

Books and Films about Mental Health

Reading books or watching films with your children about mental health is a great way of opening discussion and reducing stigma.

Here are some recommendations:

Inside Out (Film)

My Many Coloured Days - Dr Suess (age 3-5)

The Princess and The Fog- Linda Bayliss (age 5-7)

The Colour Thief- Andrew Peters (age 7-9)

Ruby's Worry - Tom Percival (age 0-5)

Tilda Tries Again - Tom Percival (age 0-5)

Ravi's Roar - Tom Percival (age 0-5)

When Sadness Comes to Call- Eva Eland (age 4+)

Where Happiness Begins - Eva Eland (age 4+)

Mabel and the Mountain- Kim Hillyard (age 5+)

Me and My Fear- Francesca Sanna (age 5-10)

Safeguarding Concerns

If you have any concerns about the safeguarding of a child, please contact one of the school's Designated Safeguard Leads.

Miss Kelly - Head DSL

Mrs Kendall - Deputy DSL

