

Discussions around self-harm.

Anxieties, depression and low mood.

Sleep Routines to improve mental wellbeing.

Finding groups in the area to build on confidence.

If you need support in any of these areas. Please feel free to visit the
Drop in Service
Every Monday and Thursday lunchtime
PSE Classroom 2.

Coping strategies to support young people into school and classrooms.



LGBT

Emma Grant

Healthy Eating.

Family Support Practitioner

Routines within school and at home.

Support with bullying.

