



Mental Health @ All Hallows

YOUNGMINDS

1 in 6 children aged five to 16 were identified as having a probable mental health problem in July 2020.

“Early intervention and a whole school approach can be highly effective in improving wellbeing and reducing the impact of mental health problems”

Asp
have
but to
more

VISY
EMPOWERING TO
Regulation
This poster offers coping strategies for current
remember you are not alone

NOTICE
How are you feeling?
Hurry up
Say hello to it
It's here for a reason.
Care for it.
Show it some kindness.
Make a choice—
let it go or hold on to it!

DESTRUCTION
Where would you
to be in the wo
Imagine what it is like
What would the w
How long would
What would
How long
Who would y

AM I THE
ONLY ONE
WHO FEELS LIKE THIS?

VISIT THE WELLBEING HUB WEBSITE
allhallows.org.uk

TALK TO US ABOUT ANYTHING

Whatever is going on in your life we are here to listen. Talk to an Emotionally Available Adult (EAA), Year Learning Leader, Form tutor or teacher or access the Wellbeing Hub and talk to one of the many service available for young people in our area.

THIS SCHOOL HAS ANTI-BULLYING AMBASSADORS

ChildLine
0800 1111

NHS
nhs.uk

keeth

JUST DROP IN

TRAUMA INFORMED SCHOOLS

Cheshire East Council

All Hallows
Catholic College
Macclesfield
& Holywell

Team

Health
S

ully.
y bears witness to and promotes the
ng student chaplaincy team.
d heard.



EVERY ADULT

WARMLY WELCOMED AND WANTED; EVERY
LEARNER, EVERY DAY, BY EVERYONE.





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If you are concerned about the immediate safety of yourself, a child or a young person, please contact:

- The Cheshire mental health crisis line
0800 145 6485
- Cheshire East Consultation Service CHECS
0300 123 5012

The best way for you to access support is to get in touch here:

[Click Here](#)

Whether it's you or a parent / carer, we aim to get back in contact within 48 Hours. You can also see a range of support services listed in our iThrive service dictionary.





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