



Mental Health & Wellness Policy

Freedom Fighters Arts aims to promote positive mental health and wellbeing for our school community (children, staff, parents and carers) and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. All children go through ups and downs and some face significant life events. In 2017, about 1 in 10 children aged 5 to 16 have a diagnosable mental health need and these can have an enormous impact on quality of life, relationships and achievements.

Our aim is to help develop the protective factors which build resilience to mental health problems and to be a School where:

- All children are valued.
- Children have a sense of belonging and feel safe.
- Children feel able to talk openly with trusted adults about their problems without feeling any stigma.
- Positive mental health is promoted and valued.
- Bullying is not tolerated.

When a concern has been raised Freedom Fighters Arts will:

- Contact parents and carers
- Offer information to take away and places to seek further information
- Be available for follow up calls
- Make a record of the meeting

Where you can get information and support:

Anxiety UK Charity providing support if you have been diagnosed with an anxiety condition.
Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)
Website: www.anxietyuk.org.uk

Bipolar UK Charity helping people living with manic depression or bipolar disorder.
Website: Bipolar UK National UK Charity

Mind Promotes the views and needs of people with mental health problems.
Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)
Website: www.mind.org.uk

PAPYRUS Young suicide prevention society.
Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)
Website: www.papyrus-uk.org

Rethink Mental Illness Support and advice for people living with mental illness.
Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)
Website: www.rethink.org

Samaritans Confidential support for people experiencing feelings of distress or despair.
Phone: 116 123 (free 24-hour helpline)
Website: www.samaritans.org