

Hamilton School: Mental Health & Wellbeing – Key Information for Parents

At Hamilton School, we believe that every child's mental health is just as important as their physical health. We aim to create a caring, supportive environment where pupils, families and staff can talk openly about mental health and get the help they need.

Our Aims

- Promote positive mental health and wellbeing for all pupils.
- Help staff spot early signs of mental health difficulties.
- Provide clear guidance for supporting children and families.
- Work closely with parents, carers and professionals.

Who to Contact

If you're worried about your child's mental health, please speak to your child's **tutor** in the first instance.

Key staff include:

Sarah Concannon – Headteacher & Designated Safeguarding Lead
Clare Biddiss – Assistant Headteacher & Designated Safeguarding Lead
Gemma Nemeth – Senior Mental Health Lead
Scott Versace – SENCO
Samantha Archer – Thrive Lead
Teresa Johnson – School Care Officer

A member of the safeguarding team is available during school hours on **01189 375524**.

If Your Child is in Crisis

If you believe your child may be at **immediate risk of harm**, call **999** or go to **A&E**.
If you need urgent help but it's **not a medical emergency**, call **NHS 111** – available 24/7. They can link you with CAMHS (Child and Adolescent Mental Health Services) if needed.

How We Support Pupils

- Mental health education in Personal Development lessons.
- Staff trained in Youth Mental Health First Aid.
- Pastoral care through our Thrive team and safe spaces.
- Information about where to find help (on our website and around school).

Where extra help is needed, we offer:

- Targeted support such as Thrive, Canine Assisted Learning, or Building Resilience in Young Minds.
- Individual Healthcare Plans (IHPs) for pupils with ongoing needs.
- Referrals to external services like CAMHS, GPs or counselling.

Working with Parents & Carers

We value open communication and will:

- Let you know if we have concerns about your child's wellbeing.

- Involve you in planning support.
- Signpost you to local and national services.
- Offer updates through meetings, phone calls, and parents' evenings.

Creating a Positive Culture

We encourage pupils to talk openly about their feelings, support each other in healthy ways, and challenge stigma around mental health.

For more information, please see our full Mental Health and Wellbeing Protocol on the school website or contact **Gemma Nemeth, Senior Mental Health Lead**.