

MENTAL HEALTH AT HAMILTON



Today is World Mental Health Day, and the theme this year is 'access to services'. With this in mind, we wanted to share sources of support that are available to Hamilton students and parents. If you want to find out more about any of these services, please get in touch with us.

WHOLE SCHOOL SUPPORT

- Thrive approach
- Personal Development Curriculum
- Quiet & sensory rooms
- Zones of Regulation
- Trauma-informed staff
- Mental Health First Aiders

TARGETED SUPPORT

- Canine Assisted Learning
- Massage Therapy
- BRIYM
- Drawing & Talking
- Make Sense Theatre
- Lego Therapy
- Mental Health Support Team
- Educational Psychology

EXTERNAL SUPPORT

- CAMHS
- Beat (eating disorders)
- Daisy's Dream (bereavement)
- Bounce Back 4 Kids (domestic abuse)
- SAFE! (crime)
- POPYRUS (suicide)
- Trust House (sexual assault)



SUPPORT FOR PARENTS

Adults need support too! Take a look at our Parent Padlet where we have collected together links to local workshops and support groups for parents.

[Click here to go to the Parent Padlet](#)

LEAFLETS AVAILABLE

Ask school staff if you would like copies

