

Our Lady of Perpetual Succour Catholic Primary School



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Head Teacher – Mrs P McGuffie

12th May

Dear parents/carers,

This week is Mental Health Awareness Week. In Halton we have support for children and families from the MHST who work with children with low levels of mental health difficulties.

The link below takes you to their website which has some wonderful resources for families to use at home:

<https://www.merseycare.nhs.uk/mental-health-support-teams>

There is now an interactive workbook that parents can do with their children to help with:

- Managing worries and anxious feelings
- Managing angry feelings
- Staying emotionally healthy
- A sensory calming jar resource

Our MHST Tracey Connolley also visits our school to support children who have been referred into this service. She also attends school assemblies, parents' evenings and drop-in sessions with the school nurse.

Please visit the school website or contact school if you need further advice or information about this service.

A Heston

A Heston
Deputy Headteacher

'We learn to love everyone as Jesus loves us'

