

Mental Health First Aid at Archers Brook

WHO ARE WE?

We are a small team of dedicated, trained staff who support pupils to find their best mental health and offer ways to understand wellbeing.



We are not mental health practitioners and would never offer medical guidance. We are not counsellors.

We are staff who are trained to listen and support, ideally to help prevent the need for medical support or counselling.

If a child or young person presents with needs that suggest more formal help and support is required, this is immediately brought to the attention of our School Safeguarding Team, who would then contact you and support next steps.



LISTEN

We do a lot of this, after engaging with a young person in a conversation about their mental health, we listen non-judgementally to help them feel heard and understood.

GIVING HOPE?

That is our main aim. We aim to encourage the child or young person to maintain a positive frame of mind.



We do this through being aware of their wider context, by listening, by talking and by supporting the child or young person make a plan.

JUST FOR PUPILS?



We are a very small team, so usually we only work with pupils. But due to the unique way our School is designed we can signpost support for families too and then find ways forward.

If you wish to discuss any of this information in more detail or would like to know what resources/contacts are available in your community please do not hesitate to contact the School.

Email: mentalhealthteam@archersbrook.cheshire.sch.uk

Telephone: 0151 338 2141