



EMOTIONAL WELL BEING AND MENTAL HEALTH SUPPORT

at Lea Primary

In this document we would like to share information with you about how we can support a child's emotional well-being and/ or mental health when it has been identified as needing some support. We have in school support as well as being able to refer or signpost families to a range of external support.

In school:

Emotional support with Mrs Matthews, who is trained to support children with emotional struggles and trauma.

Mrs Mathews will be mostly working with our Key stage 2 children that have been identified as requiring some additional support.

ELSA support with Miss Griffiths, who has been trained as an ELSA (Emotional Literacy Support assistant)

Miss Griffiths will be mostly working with KS1 children.

Sessions are usually weekly once there has been a discussion with parents and teachers and a request made to the SENDCo.

These sessions would typically be weekly for approximate 6 weeks. The support will reviewed and then it will be discussed whether it should continue. While reviewing it may also be felt that a referral to an external agency would be appropriate.

ELSA resources are used for specific ELSA sessions. Further information can be found on their website:

[Emotional Literacy Support- ELSA Support.](#)

External Support:

Where it is felt that additional or more robust support would benefit a child we can refer or signpost families to the following agencies.



WEST – Well being and Emotional Support Team – as well as direct parent support and direct child support sessions (children 8 and over), they also do a range of workshop for parents and carers that we can inform you of as we receive the information.

[Wellbeing and Emotional Support Teams in Schools | Herefordshire and Worcestershire CAMHS](#)

HOPE Support Services – support for families effected by long term illness

[Hope Support Services – Helping young people when someone gets sick](#)

Herefordshire School Nursing – emotional and well being support

[School Nursing](#)

CAMHS – Herefordshire

[Herefordshire Child and Adolescent Mental Health Services | Herefordshire and Worcestershire CAMHS](#)

Onside – Melo which offers a range of services such as one to one counselling, group sessions and a wealth of information on their website. They also have an additional area on their website that support neurodiversity and supports families to navigate any new diagnoses as well as general support.

[Melo :: Onside, Worcestershire & Herefordshire](#)

[Melo aND More](#)

Lumi Nova – online support - providing support for families in Herefordshire and Worcestershire to support children to build skills to manage worries, anxiety and fears.

<https://luminova.app/>



Gloucestershire :

Let's Talk Well- [Let's Talk Well in Gloucestershire | Free counselling and support for 9-25 year olds](#)

If you would like any further information on this, please contact Mrs Brevet, our SENDCO and SMHL (Senior Mental Health Lead) in school, via the school office or via email

SENDCO@lea-primary.hereford.sch.uk

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