

MENTAL HEALTH AND WELLBEING TEAM

We Are Here to Help!

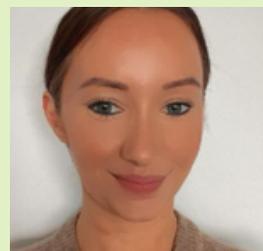
At The Heights Academy, we care about how everyone is feeling. Sometimes we feel happy and confident. Sometimes we might feel worried, sad or just need someone to talk to – and that's okay!

MRS WALKER



**Mental Health First Aider
& Qualified Coach**

MISS NEWTON



Senior Mental Health Lead

MISS HUGHES



Mental Health First Aider

MISS STURGEON



Mental Health First Aider

Our Mental Health and Wellbeing Team is here to:

- 🧠 Listen to you
- 💬 Talk things through
- ❤️ Help you feel safe and supported
- 🤝 Support families and staff too

If you ever need help, you can speak to one of the friendly faces above.

We are here for you!