

Pupil mental health and well-being

At Bowdon Prep, we place the highest importance on the mental health and well-being of every pupil. We know that happy, confident children are best able to thrive both in and out of the classroom, and our pastoral team works closely with families to provide the right support at the right time. Through a nurturing environment, regular well-being checks, and open communication, we ensure that each child feels listened to and valued. Where additional help may be needed, we offer sensitive signposting to trusted external services so that pupils and families can access specialist support. Our commitment is to walk alongside our pupils every step of the way, building resilience, confidence and a strong sense of belonging.

Below are some trusted organisations and services that provide information, guidance and support for children's mental health and well-being, which families at Bowdon Prep may find helpful.

NHS & Government Services

- **NHS Every Mind Matters** – nhs.uk/every-mind-matters – Practical tips and resources for children's and adults' mental health.
- **CAMHS (Child and Adolescent Mental Health Services)** – Local NHS service for specialist mental health support (referral via GP or school).
- **MindEd** – minded.org.uk – Free online training and resources for families and professionals supporting children's mental health.

National Services & Charities

- **Childline** – 0800 1111 – Free, confidential support for children and young people.
- **YoungMinds** – youngminds.org.uk – Advice for children, young people and parents on mental health, plus a Parents' Helpline (0808 802 5544).
- **Place2Be** – place2be.org.uk – Emotional support and resources for schools, children and families.
- **NSPCC** – nspcc.org.uk – Information and helpline for safeguarding, well-being, and child protection concerns.



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- **Kooth** – kooth.com – Free online counselling and peer support for young people.
- **The Mix** – themix.org.uk – Support for under-25s on mental health, relationships, and life challenges (helpline 0808 808 4994).

Helplines for Parents & Families

- **Family Lives** – 0808 800 2222 – Advice and support for parents on a wide range of issues.
- **Anna Freud Centre** – annafreud.org – Guidance and toolkits for parents and schools on supporting mental health.
- **The Charlie Waller Trust** - [Mental health resources](#) for parents on a variety of issues which affect young people
- **Samaritans** – 116 123 – 24/7 support for anyone struggling to cope (including parents).

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