

## Mental Health and Wellbeing at Hendon School

Mental Health and Wellbeing Is an important part of what we do at Hendon School. We understand that everyone has mental health, and it is important for us to promote and support good mental health.

All students have support through a universal approach. Students complete a wellbeing survey twice a year. Which can help identify students that might benefit from additional support. Students have lessons and mentoring session about mental health e.g. stress and exam anxiety. They are also taught strategies about how to look after their own wellbeing. We also have a wellbeing room open every lunchtime where students can come in and speak to a range of staff, peer mentors, our anti-bullying ambassadors and student wellbeing team.

Our Student Support department offers a range of support including wellbeing interventions, supported by a school counsellor, therapists and a several external organisations. To help promote good wellbeing.

Outside of school students can access additional support. Kooth an on-line counsellor available every day of the year. This service is anonymous and funded by Barnet Council.



We know that parents can also benefit from support. One site we recommend is Young Minds. The Student Support department at Hendon School are also able to recommend more sources of help. This can include services in different languages. Please contact [wellbeing@hendonschool.co.uk](mailto:wellbeing@hendonschool.co.uk) if you require further support.

