

Sutton Road parents and carers...

Are you feeling....

Under pressure?

Lonely?

Annoyed?

Unhappy?

Confused?

Anxious?

Overwhelmed?

Do you need someone to talk to?

Our Mental Health First Aiders are here for you.

We are offering slots out for you to have the opportunity to speak to one of our Mental Health First Aiders.

Email your child's class email to book a slot...

Helen Darwood-Brown - Tuesday's between 11am and 11.30am

Elle Fearn - Thursday's between 3.30pm and 4pm

Claire Beecroft - Friday's between 2pm and 2.30pm

Talking to someone could be the first step to feeling better.

We are not Healthcare professionals but we are trained to listen and guide you to appropriate support, if you need that....

