

## Advice for parents and carers

Help your daughter to stay mentally healthy by:

- Ensuring she has a regular sleep routine. At least 8 hours a night, with no screens for at least an hour before bedtime.
- Ensuring she eats a balanced, healthy diet.
- Ensuring she keeps on top of her school work e.g. homework.
- Ensuring she maintains her hobbies and interests to get the balance right!



One to one support

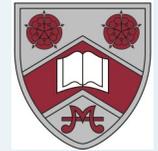


We're here to help and support your daughter

Penwortham Girls' High School

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Penwortham Girls'  
High School

# Mental Health & Emotional Wellbeing Menu

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## The Haven

The Haven is our one stop shop for support when you need it. You may have had a lengthy period of absence which has meant that you've fallen behind with your school work and you need support to help you catch up and take the stress away.

Alternatively, you may be upset about something that has happened and need someone to talk to. Or, you may just be going through a bad patch and be struggling to keep your focus in lessons. The Haven is there to help you.

The Haven staff include:

- Mrs Walker
- Mrs Davda
- Mrs Powney

Referrals to The Haven are made by either a Raising Achievement Coordinator or a member of the Senior Leadership Team.

## Who can help you in school?

There is an old saying, "A problem shared is a problem halved." We strongly believe that one of the best things you can do to keep yourself mentally healthy is to talk to someone you trust and share how you feel.

There are lots of people in school that you can talk to including:

- Teachers and Form Tutors
- Raising Achievement Coordinators

We also have a number of staff who are trained Mental Health First Aiders:

- Mr Ramsdale
- Mrs Walker
- Mrs Cahill
- Mrs Ibrahim
- Mrs Davda

## What support is there outside of school?

Most of the time, talking to family and friends will be enough to keep you feeling mentally healthy but there are times when more specialist help is required to get you back on track and support you at a difficult time.

These are some agencies that we work with as a school and to whom we can make referrals:



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looking towards a brighter future



**Lancashire Children and Young People's Trust**

Referrals to external agencies are made by either a Raising Achievement Coordinator or a member of the Senior Leadership Team.