

Saviletown Mental Health & Support



Our Mental Health Support Team have created a series of bitesize, introductory videos around understanding and supporting children's mental health and emotional wellbeing. These videos are aimed at young people and their grown ups and are best watched together to promote conversations around mental health. If support is required for a child or young person, then please speak to your Emotional Wellbeing Lead in school who is Fiona Lee.

Below are links to the video downloads. Please be patient some are quite large.

What is mental health? Primary KS1.

[https://nhcft.uk/videos/What%20is%20mental%20health%20-%20Primary%20KS1%20\(Alice\).mp4](https://nhcft.uk/videos/What%20is%20mental%20health%20-%20Primary%20KS1%20(Alice).mp4)