



Bridge the Gap work with 112 children every week in a face to face capacity to support mental health and wellbeing.

# WHOLE SCHOOL

## "ONLINE MENTAL HEALTH PLATFORM"

A years access to the Bridge the Gap whole school online platform with access to the following:

- Emotional Education curriculum for children in primary and secondary including schemes of work around mental health, anxiety, growth mindset, anger, self-esteem, worry, values, problem solving and friendship.
- Four CPD sessions for school to access – to be led by a member of school staff or to be accessed independently:

**Emotional Literacy**

**Mental Health Warning Signs**

**Supporting an anxious child**

**The Power of Positive Relationships**

- Parent empowerment course on how to support their child's mental health and to support an anxious child.
- **TIME FOR YOU** – an empowering session to support adult wellbeing and mental health.
- Parent and child online pre-recorded course on Exploring Anger.
- Free downloadable resources.
- Exclusive and original video content from the multi-disciplinary team at Bridge the Gap.

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*Thank you for enlightening me. I enjoyed the training, it was passionate and acknowledged what a hard job teaching is, this was really helpful to hear.*

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PROVIDING SCHOOLS WITH EVIDENCE BASED TOOLS AND LANGUAGE TO HAVE CONVERSATIONS WITH PUPIL'S ABOUT LEVELS OF STRESS, DISTRESS, PAIN AND OVERWHELM. TO IMPROVE ATTENDANCE AND MENTAL HEALTH.

**Cost: £1000 per year.**