

Mental Health and Wellbeing Café

Would you like to learn more about Mental Health and ways of managing your symptom?

Would you like a space to talk about your mental health?

We are now running Mental Health and Wellbeing Cafe's for students who would like a space where they can relax and talk about their concerns. The Cafe offers a relaxed environment where students can meet new people, play games, do Mindfulness Colouring and an opportunity to have a chat with a member of the Wellbeing Team.

The Cafe is open every Monday (during term-time) 3.30pm - 4pm.

The Cafe is located in the Learning Room in BMS. We look forward to welcoming you there.



Mental Health and
Wellbeing Cafe

Mental Health drop-in Sessions

During Lunch time, we are offering drop-in sessions for students who would like a relaxing space to do activities, learn ways in managing their mental health symptoms, or talk with a member of the Wellbeing team.

Students are welcome to have lunch during the sessions. Please see below dates and times for the drop in sessions;

KS3 - Tuesday's and Friday's (12.30pm - 1.15pm)

KS4 - Monday's and Thursday's (1.30pm - 2.15pm)

The sessions will take place in the Learning Room in BMS. If you would like to attend the sessions then please speak to your Head of Year, Pastoral Team or the Mental Health and Wellbeing Team.

