



Beresford Memorial First School

‘Loving and Learning Together with God’

*‘I give you a new command; love each other. You must love each other as I have loved you.’ John
13:34*

Links to useful organizations to help with Mental Health

Organization	Website	Other Information
NHS	https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/	Every Mind Matters campaign
Action for Happiness	https://www.actionforhappiness.org/	Monthly themed calendars
Samaritans	https://www.samaritans.org/	Provide a range of support
Mind	https://www.mind.org.uk/	National Organizations with local branches
Mental Health Foundation	https://www.mentalhealth.org.uk/	
Anna Freud	https://www.annafreud.org/	Focus on children and families but also staff well-being.
Elsa	https://www.elsa-support.co.uk/	Resources to support emotional literacy. Mainly for children but some things for adults.
Place2be	https://www.place2be.org.uk/	Resources for pupils, families and staff.