



MENTAL HEALTH AND WELLBEING SUPPORT

2025-2026

OUR AIMS:

Here at Waltham Toll Bar Academy, we know that positive mental health and wellbeing are essential for students to continually develop and succeed.

Taking a whole school approach, we fully support this in everything we do. We encourage emotional growth, resilience and create an environment where students can feel safe, included and can thrive academically and personally.

LOCAL AND NATIONAL SUPPORT SERVICES:



Parents Helpline: 0808 802 5544
Website: www.youngminds.org.uk
@YoungMindsUK



Whatever you're facing this World Mental Health Day, remember, you don't have to face it alone.

Call Samaritans for free any time on **116 123**



Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com

SUPPORT IN SCHOOL:

Should students need support with their mental health in any way, we would encourage them to reach out to their Head of Year so we can help them on to the right pathway of support, suited to their individual needs.

HAVE QUESTIONS?

If you have any questions or want to discuss how we support our students in more detail, please contact the school.

CONTACT US:

E: enquiries@tollbaracademy.co.uk
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