



The great people at the Anna Freud National Centre for Children and Families have produced booklets for primary and secondary schools to support teachers and parents/carers to understand how best to help the children and young people in their care.

The booklets, developed by their child mental health experts, explain in simple terms what to do if you are worried about a child or young person, and includes information on a range of topics including anxiety, low mood and self-harm.

The Eikon charity has sponsored these informative booklets for our school and the parents leaflet will be making its way home to you soon.

To find out more about the work of Eikon please go to:

www.eikon.org.uk

www.twitter.com/EikonCharity