



# Malbank School & Sixth Form College

“Rejoice in being the best we can be”



Part of  The Cornovii Trust



## Primary Adult Support



## for Mental Health



## of Students.



## 2026-2027





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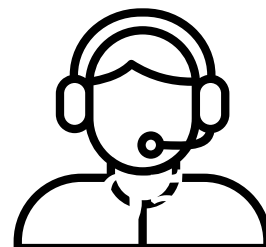
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IT'S OKAY  
to ASK  
FOR HELP





# Urgent Care

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01



## CWP Mental Health Crisis Line

If your child's mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. In this situation, it is important to get help quickly.

**CALL 0800 145 6485**

**Dedicated local staff will support you to access the help you need. The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people.**



When you call them on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

Childline is open 24 hours a day, 7 days a week. So you can talk to us any time.



Talk to Samaritans on the phone by calling **116 12**



If you are or know a young person who is struggling to cope, text YM to 85258 for free, 24/7 support. Whatever you are going through, if it matters to you, it matters to us.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

A mental health charity for children, young people and parents, ensuring that every young person receives the support that they need.

"YoungMinds Textline is powered by our trusted partners Shout 85258.



***If you fear for your child's safety at any point please take your child to the nearest A and E department.***

Malbank School & Sixth Form College, Welsh Row, Nantwich, Cheshire East, CW5 35HD

 01270611009

 [admin@malbank.Cheshire.sch.uk](mailto:admin@malbank.Cheshire.sch.uk)



# External Agency Support for Parents

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02



The best way for you to get support is the easiest, give Visyon a call! They'll be able to tell you what happens next. They're open from 9am to 5pm Monday to Thursday, and 9am to 1pm on Fridays.

When you call you'll speak to our friendly Initial Contact Team who will be able to tell you more about Visyon and what support we have on offer.

Call : 01260 290000

“At Visyon we know the importance as a parent/carer of having access to good quality information, advice and ideas to allow you to support your children’s wellbeing. Whether you are looking to understand the changes in your teenager’s behaviour, wanting to find ways to help your child regulate their emotions or concerned about your child’s sleep, there is support available from our Family Wellbeing Team.”

The following services are freely available to parents and carers living in Cheshire East

<https://www.visyon.org.uk/support-for-parent>



Caring for a young person can be a joy, but it can also bring immense stress, fear and loneliness when you're not sure how to respond to your child's problems. Charlie Waller offer a wealth of expert, evidence-based articles and resources for parents and carers, on a range of topics relating to the mental health of children and young people, which are being regularly added to.

<https://charliewaller.org/parents-and-carers>



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# External Agency Support for Parents

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02



[www.gyb.org.uk](http://www.gyb.org.uk)

TALK TO US: 0800 640 6466	TEXT "GYB MENTOR" TO: 82228	 FACEBOOK CHAT	 MESSAGE US
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We can provide you with practical and emotional help in the following ways

- Someone to talk to and listen to you
- Someone to help you access a wide range of specialist support agencies
  - Someone to help you with a Criminal Injuries compensation claim
- Someone to assist with whatever you need to help you cope and recover from the crime



## HOPELINE247

HOPELINE247 is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

Call: 0800 068 41 41

Text: 88247

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

There is a variety of support available both local and national. The list below is a small selection which is available and the contact methods.

If you fear for your child's safety at any point please take your child to the nearest A and E department.

Malbank School & Sixth Form College, Welsh Row, Nantwich, Cheshire East, CW5 55HD

 01270611009

 [admin@malbank.Cheshire.sch.uk](mailto:admin@malbank.Cheshire.sch.uk)



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# Useful apps and websites

03



Too often, people feel afraid to admit that they are struggling with their mental health. This fear of prejudice and judgement stops people from getting help and can destroy families and end lives.

<https://www.headstogether.org.uk/>



Finding sensible advice online about children and young people's behaviour or mental health is a real challenge. We also know that waiting times for specialist services are long and families may struggle in the meantime. How can you best manage your child's behaviour or support them if they are having mental health issues? That's where HappyMaps comes in. Our award-winning team have done the hard work for you and collated some of the best links to websites, helplines, charities and sources of support here.

<https://www.happymaps.co.uk/>



At Anxiety UK, we're not just a charity – we're a small team driven by our own lived experience of anxiety to help others.

Backed by a committed team of passionate volunteers and expert clinical advisers dedicated to our mission, and with over 55 years' experience, we understand the challenges you face because we've experienced them ourselves.

<https://www.anxietyuk.org.uk/>



Safe and reliable advice about young people's mental health, created by experts and parents together

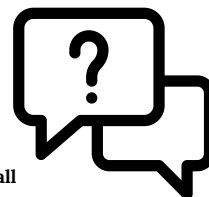
<https://www.mindedforfamilies.org.uk/young-people>



Our vision

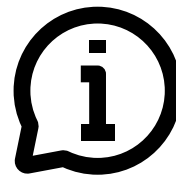
That anyone who uses self-injury knows they are not alone; that everyone understands that self-injury is a complex and important issue we should all care about; and that together we tackle both the causes and stigma of self-injury.

<https://www.selfinjurysupport.org.uk/>



We are a not for profit mental health organisation that raises awareness of self-harm and depression in young people .

<https://hatw.co.uk/>



Honest information about drugs

<https://www.talktofrank.com/>



We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

<https://www.beateatingdisorders.org.uk/about-beat/>



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# Useful apps and websites

***If you fear for your child's safety at any point please take your child to the nearest A and E department.***



We listen and give you the space to talk, helping you to explore your situation and identify the way forward. Listening means that we let you, the caller, direct the conversation to wherever you want to go.  
<https://www.familylives.org.uk/>



We are Gingerbread. We're here to fight for single parents and their children. We campaign against the injustices that single parents face every single day and we challenge the stigmas around being a single parent. We provide expert advice and information to support all single parents so that they have the tools to support their children and themselves. And we provide a support network so that, with Gingerbread, no single parent is ever alone.  
<https://www.gingerbread.org.uk/about-us/>



We're working together against domestic abuse until women and children are safe. Women's Aid is the national charity working to end domestic abuse against women and children. As a federation we provide life-saving services across England while building a future where domestic abuse is not tolerated.  
<https://www.womensaid.org.uk/>



Supporting children who care for others. Young carers are defined as a child aged between 6-18 who cares for a family member they live with. Cheshire Young Carers helps to give them a childhood.  
<https://www.cheshireyoungcarers.org/>



The Proud Trust's top priority is improving the lives of LGBTQ+ young people.  
<https://www.theproudtrust.org/about-us/>





# Useful apps and websites



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## About us

We give free and non-judgemental debt advice and support to people across the UK. Since 1993, we have helped more than 7.5 million people with debt problems take back control of their finances and their lives.

<https://www.stepchange.org/about-us.aspx>



## What we do: Ending hunger together

We exist so everyone can be free from hunger.

We're an anti-poverty charity and community of food banks. We work together to ensure no one in the UK needs a food bank to survive, while providing food and practical support to people left without enough money to live on.

<https://www.stepchange.org/about-us.aspx>



We are the leading independent charity and strategic commissioner of gambling harms education, prevention, early intervention, and treatment across Great Britain.

<https://www.gambleaware.org/what-we-do/about-us/>



If you are concerned that you or someone you care about has a problem, there are people you can talk to. You can find some useful phone numbers and links here for free and confidential advice.

<https://www.drinkaware.co.uk/>



**If you fear for your child's safety at any point please take your child to the nearest A and E department.**



In school your child can access support via any of their teachers, form tutor, Key Stage, dropping into the well-being hub, or completing the student desk top self-referral wizard (accessed from any school device).

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04

## School Support



**Designated Safeguarding Lead:**

**Mr C Yew**

**Deputy Safeguarding Lead:**

**Miss A Nicholson**

**Key stage 3:**

*Miss J Aspinall - Head of Key Stage 3*

*Mrs R Mellor - Learning Manager - Year 7*

*Miss V Broster - Learning Manager - Year 8*

**Key Stage 4:**

*Mrs L Radcliffe - Head of Key Stage 4*

*Mrs J Teasdale - Learning Manager - Year 9*

*Mrs S Procter - Learning Manager - Year 10*

*Mrs J Woods - Learning Manager - Year 11*

**Inclusion:**

Miss A Nicholson

Mrs S Palin

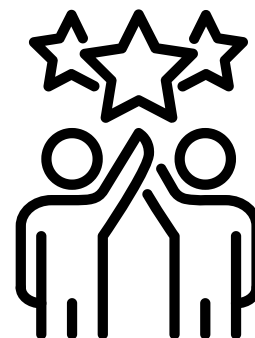
**Connect:**

Mr L Potts

Mrs P Cleary



Gold Award



***If you fear for your child's safety at any point please take your child to the nearest A and E department.***