

MENTAL HEALTH & WELLBEING

A termly newsletter brought to you by Madeley Academy

VOL. 1, ISSUE 2

11.09.2025

Self-help: Mental health apps/websites



Includes online advice, counselling & blogs



Website for young people & parents with advice on conditions & support



TellMi is a peer support app where users can post questions and concerns and receive replies from people their own age



Apart of Me was co-created by experts in child psychology and bereaved young people and translates bereavement counselling techniques into a 3D world.

Autism and mental health



Autism isn't a mental health problem, but if your child is autistic, they might find their mental health is affected more often. This is because the world isn't always set up in a way that supports neurodivergence, and that can make things really tough. For example, autistic children may suffer from autistic fatigue, barriers to support etc. For more advice on autism and mental health, visit: <https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/#TheLinkBetweenAutismAndMentalHealth>



Emotional health & wellbeing service

BeeU provides emotional wellbeing and mental health services for children and young people (ages 0 to 25) in Shropshire, Telford and Wrekin.

The service provides:

- ⇒ Emotional wellbeing and mental health services for children and young people (0-25)
- ⇒ Neurodevelopmental assessments for children – autism for 5–18-year-olds, and Attention Deficit Hyperactivity Disorder (ADHD) for 6–18-year-olds
- ⇒ Community Eating Disorder Services for 0–18-year-olds.

Parents webinar: Emotionally based school non- attendance and the role of digital mental health support

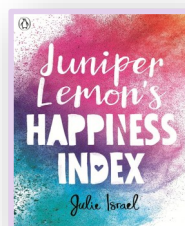


Find out more about how digital mental health support can help students who struggle to attend school due to their emotional wellbeing and help them navigate their way back into education. Sign up at: [Emotionally based school non- attendance and the role of digital mental health support](#)

Curriculum focus: Mental Health & Wellbeing in Literature

There are lots of opportunities for students to explore mental health & wellbeing via texts that they may access in their English lessons, via private reading or from the library. Reading can be a therapeutic activity and exploring themes around wellbeing can support students to open up about their own mental health and develop coping strategies and resilience.

A good recommended reading list can be found here with age appropriate guidance and themes: [Mental Health Book List KS3 and KS4](#)



Accessing support

If your child is struggling with their mental health & wellbeing, support can be accessed in the following ways:

- ⇒ Self-help via apps and websites as described above
- ⇒ GP: Can refer for support such as social prescribing or Bee U
- ⇒ In school: Ask your child's year manager to refer to the in school mental health & wellbeing team who can assess your child and potentially refer to the school counsellor or NHS Mental Health Team
- ⇒ For urgent support, contact ACCESS team on 0808 196 4501 or ring 999