



Wellbeing & Support

If you have any concerns over the mental health or the wellbeing of any students or their families during the summer break, there are a number of services that can offer support. For further information or signposting for a range of services, please visit the Safeguarding page on the Middlewich High School website:

<https://www.mhs.school/page/?title=Safeguarding&pid=359>

The following websites may also be useful:



www.kooth.com

Kooth is an online service where young people can access free, anonymous support

<https://www.cwp.nhs.uk/crisis/> CWP NHS have a website which offers support and also directs to a phone number if needed

<https://www.cheshireeast.gov.uk/livewell/livewell.aspx> Cheshire East Live Well is a website which offers support and signposting for a range of concerns

