

Mental Health & Wellbeing at Hujjat Primary School

Who Can You Talk To?

Mr Syed

Pupil & Staff Mental Health
and Wellbeing Champion

Mrs Saad

Pupil & Staff Mental Health
and Wellbeing Champion

Mrs Jessa

Pupil & Staff Mental Health
and Wellbeing Champion

Mrs Haider

Learning Mentor

Mrs Souilah

Thrive Practitioner

Mrs Gulamali

Emotional Literacy Support Assistant (ELSA)

وَلَا تَهْنُؤُوا وَلَا تَحْزَنُوا
Do not lose hope,
nor be sad."

—Qur'an 3:139.

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ
And your Lord says,
"Call upon Me; I will respond to you."

Quran 40:60