

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

Pupil Learning Mentor

وَلَا تَهِنُوا 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