



WELLSPRING

ACADEMY TRUST

We Make A Difference



MindSpace

Wellspring Academy Trust and MindSpace are supporting parents through difficult times by offering free access to its counselling services.

For more information email support@wearemindspace.com
Alternatively call **01226 444641** or call or text **07985 112 044**

It's good to talk... sometimes a listening ear to offload your thoughts and feelings is enough to help manage your emotions.