

Dear Parent / Guardian

As a school we are aware that young people have found the last ten months difficult. Having conversations about how we are feeling is an important part of reassuring young adults as well as promoting positivity and good mental health.

We would like to take the time to remind you should you require some assistance or are concerned about your child, especially with regards to their mental health, then you can make contact with your child's tutor or Year Leader who are always willing to advise you as to how school can support.

There are some other resources for you at home that can be accessed via the following links:

Young Minds - Children and young people's charity [Young Minds Website](#)

If you are a young person experiencing a mental health crisis you can text the Young Minds crisis messenger for free 24/7 support.

- If you need urgent help, text YM to 85258.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Kooth [Kooth Website](#)

Online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet or desktop

Papyrus Hopelineuk - [Papyrus UK Charity for the prevention of suicide of young people](#)

Advisors work with young people to understand why thoughts of suicide might be present. They also provide you with a safe space to talk through anything happening in your life that could be impacting on you or anyone else's ability to stay safe.



Childline

For instant support, please contact childline for free on: 08001111. You can talk to them about anything, no problem is too big or too small. To get in touch with them online visit their website [Childline](#)

Samaritans

You can call the Samaritans anytime day or night on 116 123. They also have a variety of contact methods that can be found here: [Samaritans](#)

NHS - GP and Mental Health Service

If you are concerned about yours or your child's mental health please seek advice from your GP. The school also works closely with the NHS and we do have mental health practitioners that will support your child in school face to face or remotely. If you wish your child to receive this support please contact their Year Leader

Yours sincerely

Helen Cook

Assistant Head Teacher

