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Children's Mental Health Week 9th-15th February

Dear Parents and Carers,

As we mark Children's Mental Health Week, it feels like an important moment to share some information about support available for young people and the adults who care for them. Growing up today can be really hard, and many children experience worries or challenges at some point. With this in mind, I'd like to highlight a number of useful, free resources below. Please also feel welcome to contact me if you would like any further support or signposting.

Kind Regards, Mrs J. Hall – Interim Home School Link Worker

The Mix – www.themix.org.uk

Age 10+ Free 1-2-1 support for young people, including up to 8 sessions of free online counselling, free self-paced life skills training courses for children.

Youth4Youth – www.y4y.org.uk

Age 10+ Free peer mentoring via email.

Childline Toolbox – www.childline.org.uk/toolbox

Games & activities to help young children understand big feelings.

Stop Breathe Think - www.stopbreathethink.org.uk

A mental health charity offering online counselling to those aged 8-21, who cannot afford or access support quickly.

Young Minds – www.youngminds.org.uk

A mental health charity for young people, their parents/carers, and family.

Family Lives – www.familylives.org.uk

Free emotional support from trained family support workers for children and adults via phone, email or WhatsApp, free online parenting courses.

These organisations listed are independent of the school and are provided for information and support only. Parents and carers should use their own judgement when accessing these services. If you are concerned about a child's immediate safety or mental health, please contact your GP, NHS 111, or emergency services.



Building Firm Foundations For Life