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Thursday 21st January 2021

Dear parents,

This is undoubtedly a difficult time for everyone, no matter what your circumstances. We are always available at school to support you in any way that we can but if you feel you may need more specialised help for you or other member of your family I have included a list of contacts below. This list will also be available on the school website should you need it.

Mental Health and Well Being Support:

- ***Derbyshire Mental Health Support Line***

Derbyshire Mental Health Support Line tel: 0800 028 0077. Mental health support line for Derbyshire people of all ages. Open 24 hours per day, 7 days per week.

- ***Childline***

Childline is the UK's free helpline for children and young people. It provides a confidential counselling service for any child with a problem. To contact Childline you can ***chat online*** or call the free helpline, tel: 0800 1111.

- ***Samaritans***

Samaritans provides non-judgmental emotional support for those experiencing feelings of distress, despair or suicidal thoughts. Tel: 116 123 free helpline (24 hours per day), or email jo@samaritans.org

- ***Kooth***

Kooth provides free, safe and anonymous mental health and emotional well-being online support for young people aged 11 to 25.

- ***Qwell***

Qwell offers free online counselling and emotional wellbeing support for parents and carers of young people.

- ***Future in Mind***

Future in Mind have been working very closely with children, young people, families and providers of services across Derbyshire to plan how children and young people's mental health and wellbeing could best be supported to give them the best start in life.



**SPRING 2017
OUTSTANDING CHURCH SCHOOL**



- **BEAT**

BEAT offers information, help and support for anyone affected by eating disorders. Call their helpline on tel: 0808 801 0677, Student line, tel: 0808 801 0811, Youth line, tel: 0808 801 0711 or [**web chat**](#).

- **Young Minds**

Young Minds offers information, advice and support for young people affected by mental health. If you are a young person looking for help and support and need urgent help you can text YM to 85258 for free 24 hours per day, 7 days per week support.

If you are a parent worried about your child you can talk to an expert at the free parents helpline, tel: 0808 802 5544 or use the [**Young Minds contact form**](#).

I hope that these links are useful.

Kind regards,

Alexia Wyer
Executive Headteacher