Dear Parent/Carer,

As you may have seen on the news, in the papers or online, mental health has become an increasing concern amongst young people and we want to be able to support our students in and out of school to stay safe, as well as supporting parents with where and how to access support.

Below we have put together just a few websites to enable parents to support their children and help them to cope with the concerns they have. Not every piece of advice will work for everybody, which is why we have given various different platforms.

<https://www.kooth.com/>

<https://zacsyouthbar.co.uk/>

<https://www.mind.org.uk/>

<https://youngminds.org.uk/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.selfharm.co.uk/>

<https://calmharm.co.uk/>

[https://www.camhs-resources.co.uk/#](https://www.camhs-resources.co.uk/)

We hope the above content may be able to help and support and empower our parents and pupils to develop their own mental health and resilience. If parents are still concerned, please make an appointment with your GP to access the appropriate professional advice. If it is an emergency, phone 999.

Yours sincerely,

M.Singleton

Mr M.Singleton

Assistant Headteacher