

Friday 7th July

Dear Parents and Carers,

As we look forward to school holidays, we recognise that some children, young people, families may be finding things tough right now. We want you to know where you can go to get some ideas to help with your wellbeing, or get advice, support, or help at this time.

Mental Health and Wellbeing

If your child tells you they are struggling with their mental health or if you suspect this, you should always **contact your GP** for support and advice.

NHS Mental Health Services

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>

Services from other organisations are available by website or phone/text

Supporting Parents Helpfinder (Young Minds)

Times are tough for many people right now. Parents find themselves pulled in many different direction and children may be struggling being in the house for so much longer than usual.

A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Find the help finder here: <https://youngminds.org.uk/supporting-parents-helpfinder/>

When emotions explode (Young Minds)

Young Minds have also created a useful poster highlighting ways to give support to children when they have angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Download the poster here:

<https://youngminds.org.uk/media/4291/when-emotions-explode-poster.pdf>

Kooth - online emotional and mental health support ages 11-18

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

kooth.com/urgent-support for a crisis service

Samaritans



116 123

jo@samaritans.org

Barnardos

Family support with lockdown and Covid 19 stresses

<https://www.barnardos.org.uk/c19>

Barnardos Boloh – Helpline and webchat for 11+ for Black, Asian and Ethnic Minority children and young people

0800 1512605

<https://helpline.barnardos.org.uk/>

Shout – for anyone in crisis at anytime

Text 85258

Mood Swings

[MoodSwings](#) 36 New Mount St, Manchester M4 4DE. Helpline staffed from 10am to 4pm Monday to Friday - 0161 832 37 36. Online and Skype support - contact them

on info@moodswings.org.uk or <https://www.facebook.com/Moodswings-289363603529/>

Anna Freud Centre resources

For adoptive parents, special guardians and foster parents

<https://www.annafreud.org/parents-and-carers/adoptive-parents-special-guardians-and-foster-carers/>

For parents and carers

<https://www.annafreud.org/parents-and-carers/resources/>

Youth Wellbeing Directory – find the right service for your need by location, service name or keyword

<https://www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/>

Apps with self help strategies reviewed by Anna Freud Centre, including self-harm reduction strategies

<https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies/>

Safeguarding

Childline – online and on the phone

<https://www.childline.org.uk/kids/>

0800 1111

Report online abuse

<https://www.ceop.police.uk/safety-centre>

