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Dear Parent/Carer,

I hope this letter finds you all well. As parents and carers, I am aware the last few months have been very challenging, so it is understandable if you are feeling like you need additional support with mental health and wellbeing.

I am sure you have done everything you can to adjust to the situation. Managing work, home life, your children's education, and you and your family's emotions on a daily basis is a huge task to undertake. If you haven't already, do try to find time for your own self-care.

As pupils adapt to the return to education there may be more challenges for families, so it is important to make self-care a priority. If at this time you want or need to talk to people outside of your family and friends then the following organisations are here to help:-

Support for family life and wellbeing:

NSPCC

- The national children's charity has a page dedicated to supporting families through all aspects of lockdown, including talking to your children about COVID19, online safety, working from home and managing conflicts
- Ring 0808 800 5000 weekdays 8am-10pm and weekends 9am-6pm
- Email help@nspcc.org.uk

Family Lives

- There is a Freephone helpline 0808 800 2222 where you can receive emotional support, advice, information and guidance on all aspects of family life
- The helpline is open 9am-9pm weekdays, and 10am-3pm on the weekend
- Alternatively send an email via askus@familylives.org.uk - they aim to respond within 24hours weekdays only; or connect with others via the online forum
- Access the website for tips on supporting you and your family's mental health

The Derbyshire Mental Health Helpline and Support Service

- This is a freephone number and calls from landlines or mobiles should be free
- Tel: 0800 028 0077
- The support line is provided by experienced mental health practitioners and is open 24 hours per day, 7 days per week

Samaritans

- provides non-judgmental emotional support
- Ring 116 123 24/7 to talk about anything that is concerning you
- Email jo@samaritans.org, you will get a response within 24 hours. There is also a self-help app you can download

Quell

- Quell is for parents and carers whose children are under 18 years
- It provides useful links to support services
- The service provides access to text-based counselling support
- <https://www.qwell.io/>

Shout

- 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help
- Text 85258

Anna Freud National Centre for Children and families

- <https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf> - Resource for adults to help young people to manage anxiety
- <https://www.annafreud.org/on-my-mind/self-care/> - Self-care to look after our own mental health

Moodzone

- Whatever you need to know about coping with stress, anxiety or depression, or just generally improving your emotional wellbeing, Moodzone offers practical, useful information, interactive tools, and videos to support you on your way to feeling better.
- <https://www.forumhealthcentre.nhs.uk/your-health/moodzone-stress-anxiety-and-depression>

The Mix

- Understanding mental health can be tricky but The Mix makes sure you don't have to do it alone. Whether you're worried about your mental health, or someone else's, they have everything you need to know about mental health, from anxiety and depression to self-care and counselling.
- <https://www.themix.org.uk/>

Support for children:

Childline

- Young people can talk about anything
- Freephone 0800 1111 (9am-12am) request a 1-2-1 chat, or send an email
- Website has message boards, factsheets, and self-help interactive toolboxes

KOOTH

- Is a free structured online counselling service; once a young person creates an account they can arrange to speak with a trained counsellor who will offer 6-8 counselling sessions.
- In addition, young people can access the message boards, read magazine articles and submit their own articles, and create an online journal.
- Kooth is completely anonymous, and available 365 days a year (weekdays 12-10pm, weekends 6-10pm)
- <https://www.kooth.com/>

ChatHealth

- Derbyshire has launched ChatHealth, a secure and confidential NHS-approved text messaging service that is now offered by the School Nursing Service for young people aged 11-19 years.
- Email: <https://chathealth.nhs.uk>
- Call: [07507 330025](tel:07507330025)

Young Minds

- Contact the YoungMinds Parent/Carer Helpline at www.youngminds.org.uk for support with your child's mental health.

Barnardo's

- Barnardo's services work with children and young people who have mental health difficulties. They also work with their parents, making sure that parents feel supported.
- <https://www.barnardos.org.uk/>

Children's Sleep Charity

- A national, award-winning charity supporting children with sleep issues.
- They provide support for families.
- <https://thesleepcharity.org.uk/>

I hope you find the above organisations useful for you and your loved ones. Please also contact academy staff to share and discuss any issues and concerns. You can also visit our website which also signposts agencies that can help you during this time.

Kind regards

Tom England
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