

Dear Parents

This week is mental health week. One of our parents, Dr Lorreta Besong is a GP and has very helpfully sent through some useful information:

I thought I would share some useful mental health resources that could be beneficial for children and parents. As a GP, I have seen more children and parents experiencing mental health issues precipitated by the current Covid 19 pandemic, social isolation and people feeling generally hopeless with issues affecting the world right now. It is such a great idea to raise awareness about mental health within our families and schools during the coming week.

Here are some of the resources which could be useful:

1. Kooth - <https://www.kooth.com> , which is an online wellbeing community highly recommended for children. Children can chat with the team or use the daily journal to write about their mood.
2. Young Minds - <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>
3. Minded for Families is a good online resource with useful tips for parents on discussing mental health with children as well as looking after themselves.
<https://mindedforfamilies.org.uk/young-people/>
4. Mind Matters - A one-stop online platform to support mental wellbeing with an area focusing on support during the covid 19 pandemic.
<https://www.nhs.uk/oneyou/every-mind-matters/>
5. For Adults needing access to NHS free counselling , they can self-refer using the link below : <https://gateway.mayden.co.uk/referral-v2/0c4311f5-7dd3-4bf7-904b-9264f4c33d2c>
6. This link offers information on mental health charities with contact details <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
7. Some useful Apps that can be useful to support parents and other adults are as follows:
 - Beat Panic App
 - Headspace
 - Thrive NHS App - free App and helps promote mental wellbeing

A huge thank you to Dr Besong for sending this very useful information to us and may I also take this opportunity to congratulate her on publishing her fantastic children's book celebrating afro hair! My daughters absolutely loved it and could totally relate to Nain's afro hair experiences! It takes you on a journey around various countries in Africa celebrating their languages, food and culture. If you're interested, the link is here.

<https://www.amazon.co.uk/Nain-Rocks-Afro-Lorreta-Chindo-Besong-ebook/dp/B08RWBJJQS>

Kind regards

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Headteacher