

Dear Parents

This week has been mental health week. For more information click here:

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

Last year, one of our parents, Dr Lorreta Besong, who is a GP, very helpfully sent through some useful information which I am re-sending this year as it could be very useful for you or a family member:

1. Kooth - <https://www.kooth.com> 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. 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/>
3. 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>
4. 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.

Kind regards

Kate Baptiste

Headteacher