**SS John & Monica Catholic Primary School**



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Dear Parents/Carers,

**Support for Pupils and Parents**

If you have any concerns, please contact the school via the school office, [enquiry@ssjonmon.bham.sch.uk](mailto:enquiry@ssjonmon.bham.sch.uk) or call 0121 464-5868. Members of the Leadership Team, Support Staff and Teaching Staff are available to offer advice and support to any parents and pupils in need of help.

Some support agencies available are listed below:

• <https://www.kooth.com/>

• <https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

• Mind have also released information on Coronavirus and wellbeing. This can be found on the following link. <https://www.mind.org.uk/information-support/coronavirusand-your-wellbeing/>

• If your child or young person would like to speak to someone anonymously, they could try calling a helpline or visiting websites such as ChildLine and The Mix.

Shout (<https://www.crisistextline.uk/>) provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. You can:

• Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

• Text with someone who is trained and will provide active listening and collaborative problem solving

ChildLine (<https://www.childline.org.uk/>) provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects. You can:

• call 0800 1111 any time for free

• have an online chat with a counsellor

• check out the message boards

The Mix (<https://www.themix.org.uk/>) provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem. You can:

• call 0808 808 4994 for free – lines are open from 11am to 11pm every day • access the online community

• email <https://www.themix.org.uk/>

**Every Mind Matters**

Public Health England has updated the Every Mind Matters platform with specific advice on maintaining good mental wellbeing during the outbreak. Simply click on [https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19- staying-at-home-tips/](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-%20staying-at-home-tips/) which outline useful tips to help mental wellbeing while staying at home.

**Young Minds**

Young Minds have produced a list of useful links regarding young minds and mental wellbeing. It provides advice on how to help your child with any mental health conditions, and life events which might be negatively affecting their wellbeing. It also includes links for further support and guidance. <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

Young Minds Parental Helpline Call for free 0808 802 5544 (Mon-Fri 9:30 - 16:00).

The Young Minds Crisis Messenger the Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258. They aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better

Young Minds have also produced information about talking to your child about COVID-19. The advice will help to alleviate any anxiety a child may be feeling over the current situation and provides advice on how to approach the subject with your child. <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Other useful contacts CEOP - <HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE>

CEOP help children stay safe online. If someone has acted inappropriately towards you online, or to a child or young person you know, you can report it on the link above.

**Birmingham Education Psychology Service**

Birmingham Education Psychology is providing a telephone helpline for any parent or carers of children, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families. (Please see attached leaflet).

If you require any more information regarding supporting your children with their mental health and well-being, please do not hesitate to contact us.

Yours sincerely,

Mrs. M. Elliott

Head Teacher