



February 2022

Dear Parents and Carers,

This week 7th -13th February is Childrens Mental Health week.

The pandemic has been a struggle for many people and we have certainly seen an increase in mental health concerns in teenagers. There is support available for families and we wanted to provide you with relevant information to signpost you to some of the support available;

Off The Record – Are based in both Old Market and Yate and are Open for Drop In Sessions at the following times;

- Mondays 4-7pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH
- Wednesdays 3:30-5:30pm @ Armadillo, Station Road, Yate, BS37 4FW
- Saturdays 10am-1pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

OTR's Hubs are safe and relaxed spaces you can simply drop into for a chat - no appointments needed. They are there for you to meet the team, discover more about what they offer, and learn about mental health and self-care.

NHS Website – For more general advice, take a look at the NHS information on mental health and wellbeing, which includes advice about talking to children about feelings and spotting signs of depression in children and teenagers.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/>

Young Minds – You can find lots of practical advice and tips on supporting your child on their website - from how to encourage your child to open up about their feelings to dealing with mental health services. There is also a parenting helpline <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

NSPCC - If you're worried about a child or young person, you can contact the NSPCC helpline for support and advice for free - call 0808 800 5000 or Children can contact **Childline** any time to get support themselves on 0800 1111

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

KOOTH.COM - Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktops. On Kooth.com you can chat to friendly counsellors, read articles written by young people, get support from the Kooth community and write in a daily journal.

Speak with the school nursing team – They will be happy to take your call on 01179084745 or visit their website <https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing>

Contact your GP – If your child is feeling unhappy and low for a prolonged period of time, or if you have any other serious concerns about your child or young person, it's time to seek further help.

Speak with your Childs House Team or Safeguarding Team - who are happy to give further support or advice.

Yours Sincerely,

Lacie Hooper

E-Safety Lead and Deputy Designated Safeguarding Lead

