



Mental Health and Well-Being for Students:

Dear students,

I imagine this is a strange and perhaps worrying time for you and while the school is closed, it would be really helpful for you to know where you can get help and support both during normal school hours and in the evenings, weekends and holidays.

If possible for you, please do speak with your parent/carer about how you are feeling. Another adult or friend whom you trust, can also be really helpful.

You are always welcome to contact me during normal school opening hours in term time, over the school closure period. You can ring the usual school telephone number and dial my extension 251 and your call will be forwarded to me. You can also email me. All my details are at the end of this message.

PLEASE NOTE – after school hours and during weekends and holidays, if you need to speak to someone urgently about how you are feeling then please do contact any of the following:

Childline: website <https://www.childline.org.uk> telephone: 0800 1111 (24 hours)

Young Minds: website <https://youngminds.org.uk/>

Kooth – provide online counselling support: <https://www.kooth.com/>

Samaritans – provide a free 24- hour helpline for young people and adults. Their number is: 116 123 Website: www.samaritans.org.uk

Switchboard – LGBT + Helpline 0300 330 0630 website: www.switchboard.lgbt

- All services are free
- **Childline** and **Samaritans** are available to help you 24- hours a day

Also, I have attached some apps that are created for young people to promote good mental health and well-being. There is a lot to choose from, so try out as many as you like to find the one that suites you the best.

I hope you and your family are well. Please keep safe and look after your health, including your mental health.

Kind wishes,

Ms Lynch, School Counsellor, 020 8749 1141 ext 251 email: jlynch@phoenixacademy.org.uk