Friday 15th January 2021

Dear Parent/Carer,

**Re: Student Wellbeing during Lockdown.**

During this period of Lockdown, please remember that tutors, support staff and progress leaders are still available should the need arise for extra guidance or advice regarding your child’s education or any aspect of their wellbeing.

If you do need support, please call or email your child’s progress leader or send an email to admin@asachelt.org. Staff will respond as quickly as possible and will be able to direct your concern to the relevant member of staff to return your call. If you prefer to share your concern by telephone, rather than in an email, please just let us know that you would like us to contact you.

Most students and parents who want extra support do feel able to approach Academy staff, but there are times when support from an external agency might be preferred or where a significant situation may arise and there is need for additional or emergency support. In these cases please consider these links:

**Young Minds**

<https://youngminds.org.uk/find-help/get-urgent-help/> for urgent, free 24/7 support if a young person is experiencing a mental health crisis. Texting YM to 85258 will be answered by a trained volunteer, supported by experienced clinical supervisors.

**On Your Mind**

<https://www.onyourmindglos.nhs.uk/> On Your Mind is an NHS ran website to help young people in Gloucestershire cope with situations that may cause challenge. It includes self-help information for a number of wellbeing issues, it also has information for a wide range of local services to support young people’s mental health in Gloucestershire.

Students have been made aware of a support service offered by Young Minds Matter. They can text any concerns to 07480 635723 and this is staffed from 9.00-4.30pm from Monday to Friday.

**Teens in Crisis counselling**

<https://www.ticplus.org.uk/> - free face-to-face and online counselling services across Gloucestershire for young people aged 9-21 and their families. TIC help many of the local communities’ young people.

Tic+ chat:

<https://www.ticplus.org.uk/ticpluschat/> - an **anonymous**, safe, confidential, 1-2-1, support service for young people aged 9-21 living in Gloucestershire. 5pm-9pm Sunday-Thurs

**Family Information Service**

Call free on **0800 542 02 02** for a confidential advice line providing guidance and emotional support on any aspect of parenting and family life. Alternatively, email familyinfo@gloucestershire.gov.uk

**School nurse helpline**

Text a message to **07507 333 351** – for young people aged 11-16, the school nurse can offer confidential advice and support for help with issues such as family/peer issues, puberty, emotional health, self-harm, drugs, alcohol and smoking, relationships

**Childline**

<https://www.childline.org.uk/> Support for young people for a wide range of mental health issue.

Additionally, <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/> is a safe, confidential, 1-2-1, support service for young people. Open from 7:30am – 2am every day.

**In any situation where a young person or adult is in immediate danger of significant harm, the Police should be contacted on 999.**

If you have any concerns about your child that you would like to discuss, please get in touch.

Yours sincerely

Mrs Cummings