

Dear Pupils, Parents and carers,

During both term time and school holidays, if you feel you require additional support to that which is provided by school, click on the links below for more details of many organisations which are here to help.

The **NHS** provide 5 steps to help with mental wellbeing. These can be found by clicking on the link <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mentalwellbeing/>

**Kooth** is a confidential, anonymous and free website where young people can go for help via Drop-in chats, booked 1:1 sessions and themed message forums. These can be accessed via <https://www.kooth.com/>

For confidential support with mental wellbeing, **Early Break** are available Mon - Sat 8am-8pm on  
0161 464 3679  
[www.earlybreak.co.uk](http://www.earlybreak.co.uk)

**Health For Teens** is a school nurse service available for confidential advice on matters such as healthy eating, emotional health, relationships, smoking, bullying, self-harm, alcohol and drugs, anxiety and many other areas... Telephone 07507 330205. Please click on the link for the website.  
[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**Young Minds** is a service providing support for parents whose children are suffering with Depression. [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Mind** give advice and support to empower anyone experiencing a mental health. You can call them from 9am - 6pm Mon-Fri on 0300 123 3393 or text 86463. You can also email on [info@mind.org.uk](mailto:info@mind.org.uk). You can visit their website by clicking the link: [www.mind.org.uk](http://www.mind.org.uk)

If you or someone you know is experiencing **Domestic Abuse and/or domestic violence**, click on the link to access help and support  
<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

If you feel you or a member of your family are in **danger** or at risk of suicide please call **999** and ask for an ambulance.

The **Samaritans** are available on 116123 for confidential listening if you feel you need to talk.

Please remember that we are here to support you. If incidents occur, please let us know, so that we can provide support to your children whilst they are in school.

Kind Regards,

KDHS Safeguarding Team