

Dear Pupils, Parents and carers,

On behalf of the school a big thank you to all pupils for following the school safety measures which ensure the safety of all staff and pupils.

Whilst we are closed, if you feel you require support over the holidays please see below for support that is available to you and your family. Click on the links below for more details.

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-mental-wellbeing/>

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 kooth.com

For confidential support with mental wellbeing, **Early Break** are available Mon - Sat 8am-8pm on 0161 464 3679
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

Young Minds is a service providing support for parents whose children are suffering with Depression. 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. You can visit their website by clicking the link: 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 the police.

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

We hope that all students and have an enjoyable and safe holiday. We look forward to seeing them in the new year.

Kind Regards,

KDHS Safeguarding Team