



# CHARLTON SCHOOL

*Providing an environment in which all students can succeed,  
with learning at the heart of all we do.*



**Principal: Mr A McNaughton**

19<sup>th</sup> March 2020

Dear Parents/Carers,

As you know we have been working hard to develop our Emotional Health and Wellbeing programme this year. With the closure of all schools from Friday onwards, we are keen to put things in place to help to support our students and their families, even when they aren't on the school site.

This has raised a lot of questions and concerns for both young people and their families, some of which can hopefully be explained with the support of the links in List 1 at the end of this letter.

Over the period of time that schools are closed we also aim to support students with their emotional health needs in the best way that we can. Below I have included some websites (List 2) that may be useful to help with a wide range of scenarios, some websites then link into many other sources of information and support. This is not an exhaustive list as there are many other good sources of support on the internet, but these may be of interest and help during this time.

If you have an urgent concern regarding your son/daughter's mental health that requires a response on that day (usually that the young person is at imminent risk to themselves or others) then please try to make an appointment with your GP and request an urgent referral to BeeU. If this isn't possible due to the COVID-19 outbreak, then please contact school by email, either through your son/daughter's Pastoral Manager, or [emotionalhealth@charlton.uk.com](mailto:emotionalhealth@charlton.uk.com).

This doesn't include referrals for ASD or ADHD, as these need to be made to the Emotional Health and Wellbeing Panel through school, as usual.

Kind regards,

Ms A Wills  
Charlton School

## List 1

<https://campaignresources.phe.gov.uk/schools>

<https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>

<https://littlepuddins.ie/coronavirus-social-story/>

<https://www.bbc.co.uk/newsround/51342366>

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse842d2>

[https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=this-downloadable-comic&utm\\_campaign=Weekly-03-03-20&t=1583271654945](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=newsletter&utm_medium=email&utm_content=this-downloadable-comic&utm_campaign=Weekly-03-03-20&t=1583271654945)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584358951699&t=1584454700885&t=1584633950327>

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

## List 2

<http://www.harmless.org.uk/ourResources/copingStrategies> - strategies to help avoid self harming

<https://www.missingpeople.org.uk> – Runaway helpline – support if you have run away. Phone service is also available 116000.

<https://www.brook.co.uk> – sexual health advice for under 25s

<https://www.selfharm.co.uk> – support around self harm

<https://www.thechildrenscommissioner.gov.uk/help-at-hand> - support, advice and information for children in care.

<https://calmhalm.co.uk> – free app to manage self harm urges

<https://ceop.police.uk/safety-centre> - reporting online sexual abuse or content

<https://fearless.org/en> - information and advice about youth crime. 100% anonymous

<https://lmalive.org> – online crisis messenger service based in US

<https://loudmouth.co.uk/young-people/category/1> - lots of links to other informative sites to provide support

<https://loudmouth.co.uk/young-people/category/2> - lots of links to informative sites to provide support

<https://rapecrisis.org.uk/> - confidential emotional support service for girls and women who have experienced sexual violence

<https://thehideout.org.uk> – domestic abuse website for the young

<https://themix.org.uk> – information and support for the under 25s on all kinds of issues. There is a phone line 0808 8084994 and online chat available too.

<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.beateatingdisorders.org.uk/> - support with eating disorders. Phone line is also available 0808 801 0711.

<https://www.bullying.co.uk/> - advice on bullying and cyberbullying

<https://www.childline.org.uk> – free confidential service where you can talk about anything you want. There is a phone service 0800 1111 and online chat available too.

<https://www.childline.org.uk> – support for many different issues online. Phone 0800 1111.

<https://www.childrenssociety.org.uk/beam/shropshire> - support with various mental health concerns

<https://www.hopeagain.org.uk/> - supporting young people living after the loss of a loved one

<https://www.kooth.com/> - free anonymous counselling support for young people.

<https://www.nspcc.org.uk/> - working to keep young people safe from abuse

<https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg> - information on what anxiety is for younger people

<https://www.relate.org.uk/> - providing relationship support for everyone

<https://www.samaritans.org/> - free confidential support line for people who are feeling desperate.  
Phone 116 123

<https://www.studentsagainstd Depression.org/> - support for young people who are depressed or anxious

<https://www.talktofrank.com/> - honest information and advice about drugs and alcohol

<https://youngminds.org.uk> – emotional and mental health support. Crisis text service 85258.