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Dear Parent(s) and Carer(s),

The government has announced a second UK lockdown, lasting until at least 2nd December 2020. The decision has been made to keep schools open during this time and parents may still be concerned about the effect it will have on their child's mental health.

We have signposted lots of useful resources that can help support families:

The NAS has some very useful information and guidance around the [Coronavirus](#).

Mind

Mind provides advice and support to empower anyone experiencing a mental health problem. It runs an Infoline which offers information and advice on mental health; you can call on 0300 123 3393, text on 86463 or email at info@mind.org.uk. It also has a page dedicated to [coronavirus and mental health](#), which includes information for older children and teens who are [worried about coronavirus](#), and advice for how you can [support your teen](#) as the pandemic continues.

Online support from The Children's Society

The Children's Society works towards directly improving the lives of vulnerable children and young people and has a range of resources that could be helpful during the pandemic.

Online support from YoungMinds

YoungMinds is one of the UK's leading charities fighting for children and young people's mental health. It operates a Parents Helpline on 0808 802 5544, and you can also email using this [contact form](#).

Online support from Emerging Minds

Emerging Minds is a research network that aims to reduce the prevalence of mental health problems in children and young people. It has a useful [advice sheet](#) for parents and carers on supporting children and young people with worries about coronavirus. Parents and carers also have access to a [webinar series](#) in collaboration with [The Mental Elf](#), which focuses on supporting children and young people's mental health during the pandemic.

Online support from Childline

Childline is a free counselling service for children and young people aged 19 or under.

Your child can call their [helpline](#) on 0800 1111 to speak to a trained counsellor, or they can use its '[1-2-1 chat](#)' on their website if they don't feel as though they can talk over the phone. They can also send an email from their 'Childline locker', which Childline endeavours to reply to within 24 hours.

Please do not hesitate to contact the school on admin@naschurchlawton.cheshire.sch.uk should you require any support or advice during this time.

Yours faithfully



Paul Scales
Principal
Church Lawton School