

Dear Parents / Carers,



As our lives continue to adjust following the impact of coronavirus, we know that children and young people need our emotional support now more than ever. In fact, research shows that up to 1.5 million children and young people across the UK need mental health support as a direct consequence of the pandemic. 1 in 6 children and young people have a diagnosable mental health problem, and many more struggle with challenges from anxiety to bereavement.

During lockdown, we worked hard to ensure we could continue supporting as many children, young people and families as possible. And we are continuing to provide vital support and help our children and young people adapt and cope with the emotional impact coronavirus has had.

Children's Mental Health Week

Children's Mental Health Week is taking place from 7th -13th February 2022. This year's theme is **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

For Children's Mental Health Week 2022, we will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.

We will also explore the message behind our school ethos of **Healthy Bodies, Healthy Minds - Promising Futures** and understand the benefits of good physical health.

On **Friday 11th February 2022** we will invite the children and staff to '**Dress to Express**' and make a donation to the Place2Be charity. Children and staff can wear their favourite colour or a unique outfit to express how they're feeling, it can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.



SUPPORT WITHIN THE ACADEMY AND IN THE LOCAL COMMUNITY

We have a range of support available in academy for any pupils struggling, as listed below:

- 1:1 counselling.
- Individual Thrive mentors for identified pupils.
- Class Thrive sessions.
- Whole school and class assemblies raising important issues.
- Working alongside the Educational Psychologist.
- Links to other agencies for support.
- Parent/carer drop-in sessions held through the community HUB.

There is also a lot of support networks available for children in the local community. This includes places such as:

- Birmingham Healthy minds: <https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/>

For further information or advice on any mental health issue contact our PALS customer care service on:

Tel: 0800 953 0045

Text: 07985 883 509

Email: bsmhft.customerrelations@nhs.net

Parliamentary and Health Service Ombudsman British Sign Language video

- Kooth information: <https://www.kooth.com/>

Kooth.com - Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

- Samaritans' information: 116123 (free 24-hour helpline)
- YoungMinds information: <https://youngminds.org.uk/> ; urgent help text YM to 85258.

How to get urgent mental health help

Birmingham and Solihull Urgent Mental Health Helpline

If urgent mental health help is needed you can ring 0121 262 3555 for advice and support.

This line is available 24 hours, 7 days a week and can be used whether you are known to our services or not.

- Children and young people's mental health services (CYPMHS): <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>
- Forward Thinking Birmingham: <https://www.forwardthinkingbirmingham.org.uk/>
Access Centre Number: 0300 300 0099
- Mental Health foundation: <https://www.mentalhealth.org.uk/your-mental-health/getting-help>
- Child Line: <https://www.childline.org.uk/>
Tel: 0800 1111

Please also see out academy websites for further support and signposting:

