



The Rowans AP Academy
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Kindness

Commitment

Resilience

14th January 2021

Dear Parents/Carers

Emotional Wellbeing and Mental Health Support for Young People

If a young person or their parents are not sure what support is needed, then they can call the Single Point of Access (SPA) on 0300 300 1981 to talk through what information, advice and support might be appropriate. This is also the number to call if a child or young person needs urgent mental health support.

For people of all ages needing immediate mental health support, just text the word "Medway" to 85258. This is a new 24/7 text service provided by SHOUT and the Crisis Text Line as part of the Kent and Medway Release the Pressure campaign.

Other services that young people can access directly are:

- **Kooth** is a mental health and wellbeing online platform for young people aged 11 to 25 across Medway. The service is free and can be accessed at www.kooth.com. It's a place to get advice, information and support 24/7. Young people can chat to a friendly qualified counsellor Monday to Friday between 12 noon and 10pm and Saturday and Sunday between 6pm and 10pm.
- **Emerge** helpline for help with processing feelings of anxiety, self-harm or suicidal thoughts on 07983 136 215, which is available 7-11pm on Tuesday, Wednesday and Thursday evenings. Referral form is available at https://drive.google.com/file/d/1lblrEU0h5io2A_mg_v99FxestCfO3Vsw/view?usp=sharing and should be sent to fiona@emergeadvocacy.com
- Accessing the **Big White Wall** if aged 16+ for anonymous support through <https://www.bigwhitewall.com>

These will also support your child's mental health and wellbeing:

[Helpful information to answer children questions about coronavirus](#) – Place2Be

[Talking to your child about the coronavirus](#) – YoungMinds

[Coronavirus and your wellbeing](#) – Mind

[Worries about the world](#) – Childline advice page

I hope you will find this information useful. As always, you can contact The Rowans for any help and support by: phoning myself, Miss Johnson, Miss Webb, Mrs Jones or Mrs Skinner. Alternatively you can email help@therowansap.co.uk or you can speak with the member of staff who is calling weekly to check on your child's safety and welfare.

Yours sincerely

Mrs F May
Headteacher

