

Friday 6th January 2023

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A University of Kent Academies Trust School

Dear Parents/Carers,

Mental Wellbeing Support and Resources for Families

As we continue to navigate this challenging time as a school community, some families have asked about ways they can support their children at home. We have attached resources that may be helpful to support in discussions with your child/family. We also have a section on our website under the Information section, called Students Mental Health and Wellbeing, this has links to a range of resources and support available for a variety of needs.

The resources below explore supportive strategies when talking to your child regarding mental health, how they can support themselves and strategies to support others:

<https://www.annafreud.org/parents-and-carers/>

https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/?gclid=Cj0KCQiA5NSdBhDfARIsALzs2EBIzDkznSjUBIsxatLq8Ubq0Y4cj6q-bABEi718RNadDZUhUY7potxkaAr7GEALw_wcB

In addition, we are aware that Young Minds can provide parents/carers with support when concerned about their child's emotional problems or behaviour. Their contact number is as follows: Young Minds parent/carer help line: 08088025544

Please be reassured that we are continuing to provide a wide range of wellbeing support and guidance within the academy. We hope the content of this letter may provide some targeted support for parents/carers who wish to access this. We have also attached an appendix at the end of this letter, highlighting a list of external agencies that can be accessed by families and young people at any time.

If we can be of any further support, if you have any questions or require advice, please do not hesitate to contact us.

Yours sincerely,

Emma Perkin and Katy Lutz
Inclusion Senior Leaders

Service	URL	Referral methods
Kooth – Online mental well-being service including counselling	www.Kooth.com	Self-referral
Medway Council- Family help and support	https://www.medway.gov.uk/info/200307/local_offer/823/family_help_and_support	Parent/Carer
Mind – A charity designed to support and provide information about mental well being	www.mind.org.uk	Parent/Carer
NELFT – Kent Children and Young People’s Mental Health Service	www.NELFT.nhs.uk	Parent/Carer/ School/GP
Medway SENDIAS – Impartial SEND information and support	https://www.family-action.org.uk/what-we-do/children-families/send/medway-sendias/	Parent/Carer
Legends Programme – Weekly group for all students aged 7–17-Year-olds (Sport, Life skills, Residential Trips etc)	www.ylf.org.uk/legends	Parent/Carer
Home Start – Support in your own home, including listening, adult company, reassurance, practical help, accessing other services	https://home-startmedway.org.uk/support/	Parent/Carer
Early Help – Help with education, relationships, wellbeing, anti-social behaviour, domestic violence or abuse	https://www.medway.gov.uk/info/200170/children_and_families/322/early_help_for_families	Parent/Carer/ School
Medway Community Healthcare – Community Healthcare services for people living in Medway.	https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/parent-support-services	Parent/Carer
Foundation Kent – Charity aims to support those family breakdowns, separation and divorce	https://www.foundationkent.uk/	Parent/Carer
Medway Counselling (Paid for by Parent/Carer)	http://medwaycounselling.co.uk	Parent/Carer
Kent Resilience Hub - Resources for parent/carer supporting children and young people	https://kentresiliencehub.org.uk/parent-carers/resources/	Parent/Carer
Action for Children –Support with all aspects of parenting	https://parents.actionforchildren.org.uk/	Parent/Carer
KELSI - Children and Young people – health and well-being – including eating disorders	https://www.kelsi.org.uk/support-for-children-and-young-people/health-and-wellbeing/children-and-young-peoples-mental-health-service	Parent/Carer/ School
Childmind - Parent/Carer guide to children, young people with OCD	https://childmind.org/guide/parents-guide-to-ocd/	Parent/Carer
Rethink - Parent/carer support with people with Mental Health Illness	https://www.rethink.org/help-in-your-area/support-groups/medway-area-rethink-support-group-mars/	Parent/Carer
Information, Advice and Support Kent – Support for all your families Health and Wellbeing	https://www.iask.org.uk/young-people/health-and-wellbeing-2/	Parent/Carer
MCH – Children and Young Persons Activities in Medway	https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands/teenager-activities	Parent/Carer

Youth Club for Children, Young People who have Autism	http://www.medway-magic.org/what-we-do/youth-club/	Parent/Carer
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