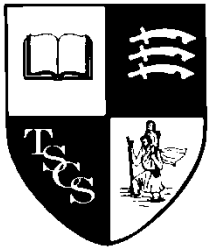


THE ST. CHRISTOPHER SCHOOL

SEN Trust Southend



Academy Trust - Special School

Mountdale Gardens, Leigh-on-Sea, Essex SS9 4AW

Head Teacher: Mrs. J. Mullan

Telephone: (01702) 524193

Fax: (01702) 526761

E.Mail: office@tscs.southend.sch.uk

Web: www.thestchristopherschool.co.uk



Mental Health Information for Parents

At The St Christopher School we take the mental health of our whole community seriously and offer support in a variety of ways, including 1:1 counselling or talk time; individual mentoring; pupils; tutor interviews; awareness days and assemblies; training for staff and The Unravel Room – an opportunity for people to relax and talk if they wish.

Our school is taking part in an Enhanced Healthy Schools Project to promote positive Emotional Health and Wellbeing for our pupils, staff and families. This work is developing so that it is an embedded part of our everyday practice.

We are Stonewall School Champions, able to support our pupils with worries or issues relating to their sexuality or gender identity, and to give positive messages about all types of relationships and identities to ensure acceptance of difference is a priority.

We are a recent signatory to the Mindful Employer Charter, <http://www.mindfulemployer.net/>, which is about us as a school supporting our colleagues to maintain good mental health, allowing them to be positive role models for our pupils.

If you want to talk to a member of staff about your child's mental health concerns please feel free to contact the school office and they will refer you to the most appropriate person.

Below is a list of websites which you may find useful, there is an increasing awareness of the growing need for mental health support across the age groups and a corresponding amount of information available so we have given links to some resources which we trust or have used in school.

General support and advice:

<https://www.mind.org.uk/>

General support and advice for all mental health questions and issues. This website can also signpost next steps and direct you to immediate help if you [click on their yellow button](#).

For your children to use independently

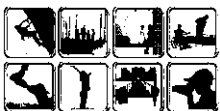
<https://kooth.com/>

Free, safe and anonymous support for young people.

To use with your children:

<https://www.bbc.co.uk/programmes/p05c3byd>

Five short animated films which look at ways to help children deal with OCD, depression, panic attacks, eating disorders and bullying. (8 yrs +)



LOtC Mark (Gold)

Learning Outside the Classroom



Southend-on-Sea

Part of SEN Trust Southend, a charity and company registered in England Number 07973980 – Limited by guarantee



For support to understand your child's mental health:

<https://www.cwmt.org.uk/webinars>

The Charlie Waller Memorial Trust, short clips about various topics including resilience and body image.

https://www.childrenssociety.org.uk/sites/default/files/TCS_FIVE_WAYS_TO_WELLBEING_CHILDREN.pdf

A practical guide for parents. Books are also available, some of which are free of charge.

<https://mindedforfamilies.org.uk/>

An online learning resource for families created by the NHS.

https://www.stonewall.org.uk/sites/default/files/Mental_Health_Stonewall_Health_Briefing_2012_.pdf

Specific support relating to issues arising from your child dealing with their sexuality, particularly homosexual, lesbian and bisexual relationships.

Phone lines:

YoungMinds Parents Helpline – 0808 802 5544

Samaritans - 116 123

NHS – 111

Stonewall - 0800 50 20 20

Papyrus Hope Line, UK charity dedicated to the prevention of young people's suicide – 0800 068 4141 or text 07786 209697

NELFT Single point of referral - 0300 555 1200

If you live in Waltham Forest, Redbridge, Barking and Dagenham, or Havering, you can call for mental health help and advice anytime of the day or night.

Mental Health Direct, MHS 24/7 - 0300 55 1000