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'Placing learning at the heart of everything we do'

Support for pupils and families

We do not underestimate how difficult the recent weeks have been for us all and we all will have been touched in some way by the coronavirus pandemic. We recognise the need to focus on pupils' emotional wellbeing as well as their return to learning.

Organisation	Contact information
Children's Guide to Coronavirus	Children's guide to coronavirus – a download from the Children's Commissioner to help explain the situation to children
NSPCC	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: www.nspcc.org.uk
Child Mind	- https://childmind.org/about-us/
BBC Live Lessons - Wellbeing 'Live Lesson' from the BBC	https://www.bbc.co.uk/teach/growth-mindset-and-wellbeing-lesson/z4g4382
Nuffield Health	www.nuffieldhealth.com/kidswellbeing
Young Minds	a charity dedicated to children's mental health. They've opened a parents' helpline for confidential, expert advice. You can reach them at 0808 802 5544
ChildLine Confidential telephone counselling service for any child with a problem	<ul style="list-style-type: none"> • Call 0800 1111 any time for free • Have an online chat with a counsellor (9am to midnight daily) • Check out the message boards

Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

Parents may wish to seek support for themselves from the following support agencies:

Organisation	Contact information
<p>Mental Health Foundation</p> <p>Provides information and support for anyone with mental health problems or learning disabilities</p>	<p>Website: www.mentalhealth.org.uk</p>
<p>Mind</p> <p>A mental health charity</p>	<p>Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk</p>
<p>Samaritans</p> <p>Confidential support for people experiencing feelings of distress or despair</p>	<p>Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk</p>
<p>SANE</p> <p>Emotional support, information and guidance for people affected by mental illness, their families and carers</p>	<p>Website: www.sane.org.uk/support</p>
<p>Young Minds</p> <p>A charity dedicated to children's mental health</p>	<p>Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk</p>
<p>Cruse Bereavement Care</p> <p>Support for grief and bereavement</p>	<p>Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk</p>
<p>Every Mind Matters</p>	<p>https://www.nhs.uk/oneyou/every-mind-matters/</p>
<p>National Domestic Abuse Helpline</p>	<p>call for free and confidential advice, 24 hours a day on 0808 2000 247</p>
<p>Shelter</p>	<p>provide free confidential information, support and legal advice on all housing and homelessness issues if you call 0330 0536 083 (please note, this is not a free phone number and your call will be charged). A free webchat is available at https://england.shelter.org.uk/get_help/webchat</p>
<p>Refuge</p>	<p>Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk</p>