



How to get support with mental health and wellbeing

The Academy's Need To Talk email is available for any students to contact if they feel they may be struggling with their mental health. The email address is monitored during school hours and students who contact Need To Talk may be offered a telephone check in or advice/support over email if they would prefer.

needtotalk@thestleonardsacademy.org.uk

The NHS's [Every Mind Matters](#) website offers advice for looking after you and your child's mental health, as well as information about how to access further support including NHS talking therapies and how to get urgent support if you feel unable to cope.

If you're concerned about a child or young person's mental health, you can get free, confidential advice via phone, email or webchat from the [Young Minds Parents Helpline](#).

[Action for Children](#) has lots of tips to help you spot signs of mental health issues in children and advice on the action you can take to help.

Barnardo's has also set up the [See, Hear, Respond](#) support hub – a dedicated service to help children, young people and their families or carers with problems caused by the coronavirus outbreak.

Experiencing the loss of a friend or loved one can be extremely difficult. [The Childhood Bereavement Network](#) has information and links to national and local organisations you or the child you look after might find helpful. [Cruse bereavement care](#) offers help and support for coping with bereavement and the Samaritans helpline is available 24 hours a day, 7 days a week – 116 123.