

# The Harefield Academy

*Achievement through Active Learning*

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February 2021

Dear Parents/Carers/Students,

We are proud to be supporting **Children's Mental Health Week** and it has been fantastic to receive feedback from students on the well-being activities that they participated in as part of yesterday's 'step away from your screen' day. Today is '**time to talk**' day and despite lockdown restrictions making face to face conversations difficult, supporting you and your family to talk about mental health and wellbeing remains a priority at THA.

We realise that 2020 and the start of 2021 have been very different to normal years and lots of people have experienced difficulties at different points. Young people and their families may be particularly concerned about issues such as:

- Stress and anxiety
- Things that have happened to them or someone else
- Not knowing where to go when they are scared
- Not being at school, exams, or the future

Staff at **THA continue to be here to support you** with specific worries that you may be experiencing and you will see below a list of external services that also offer a '*time to talk*', accessible via your phone, tablet or computer.

**Mental Health Support** – *free counselling, emotional well-being and specialist support platforms for young people and their families*

**Kooth** - [www.kooth.com](http://www.kooth.com)

**Young Minds** <https://youngminds.org.uk/> - parent helpline 0808 -802-5544

**MIND** - <https://www.mind.org.uk/> - specific support with improving mental health and wellbeing

**Place 2 Be** - <https://www.place2be.org.uk/> - improving children's mental health

**Giveusashout.org** - <https://giveusashout.org/> - someone to talk to if you are struggling to cope

**Anxiety UK** - [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) - support with feeling anxious, fearful and stressed

**Government COVID-19 mental health guidance** - <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

**Childline** <https://www.childline.org.uk/> - 08001111 or in an emergency please call the police on 999

**Eating Disorders** BEAT—08088010711 for young people; for adults call 08088010677



**Special Needs Jungle** - <https://www.specialneedsjungle.com/calming-coronavirus-anxiety-childreneveryone-else/#Update> - parent focused ideas about how to support children with anxiety around coronavirus, including an easy-read explanation for children and adults with learning difficulties.

**Hillingdon Advice Service Housing – for those aged 16-24** - 01895 436 114

If you would like support in accessing any of these services, please contact your/your child's Student Manager. Should you have concerns specifically relating to the safety of a young person, please contact Miss Booker or Mrs Carey, Designated, Safeguarding Leads via [rbooker@theharefieldacademy.org](mailto:rbooker@theharefieldacademy.org) or [Fiona.carey@theharefieldacademy.org](mailto:Fiona.carey@theharefieldacademy.org) who will be able to assist you or direct you to the specific support service that you may require.

Kind regards,

**Mrs Carey**

**Deputy Headteacher**