Family Well-being Support & Contacts

We appreciate that these unprecedented and uncertain times can be very challenging for all members of a family, and would like to remind you that the school office is open Monday – Friday from 9:00am until 3:00pm. Please do not hesitate to get in touch with us if you feel that your child, yourself, or your family require support either by calling **02380 271178**, or by emailing adminoffice@st-francis-pri.hants.sch.uk



Where can I find support for my children's emotional wellbeing at this time?

- **Place2Be** Talking to children about coronavirus www.place2be.org.uk/coronavirus
- **Hampshire Healthy Families** www.hampshirehealthyfamilies.org.uk has information for parents about Covid-19 and links to other useful resources
- **Child & Adolescent Mental Health (CAMHS)** https://hampshirecamhs.nhs.uk/help/young-people/
- **Young Minds** - Support for children and young people including advice for carers. https://youngminds.org.uk/
- **Shout Crisis Text Line**- Text SHOUT to 85258 to text with a trained crisis volunteer 24/7 https://www.giveusashout.org/
- **Every mind matters** - https://www.nhs.uk/oneyou/every-mind-matters/
- **Chat Health for parents -** from 1st June 2020, parents of children aged 5-11 years old will be able to access the Chat Health Texting Service on **07507 332417**.