

23 July 2024

Dear Parents/Guardians

## **Emotional Wellbeing and Mental Health Support**

At Turves Green Boys' School, we strive to work in partnership with parents and guardians to ensure the best academic and personal outcomes for our pupils.

While the summer break often brings fun and enjoyment with friends and family, some young people may find this disruption to their routine challenging, affecting their emotional wellbeing and mental health.

Therefore, we want to share some useful information that could provide support and assistance to you and your family during the summer break.

### **Useful Information:**

#### Child line

0800 1111 (24-hour phone line)

[www.childline.org.uk](http://www.childline.org.uk) (Charity supporting children and young people)

#### Pause

<https://forwardthinkingbirmingham.nhs.uk/pause> (Forward Thinking Birmingham's drop in wellbeing service for young people up to 25. You can register online for their groups and workshops)

#### Young Minds

0808 802 5544 (Parent helpline 9:30am - 4pm, Mon – Fri)

<https://youngminds.org.uk/> (Mental health charity for children and young people)

#### #You'vebeenmissed

<https://bwc.nhs.uk/youve-been-missed> (Resources to help support mental wellbeing of children and young people)

#### TGBS School Website

<https://www.camhs-resources.co.uk/websites>



**In the case of an emergency:**

Crisis Team

0300 300 0099 (ask an adult to phone for you)

Medical emergencies:

999

Accidents and Emergencies:

Should your young person be in immediate danger of taking their lives, please go to A&E

We would like to take this opportunity to wish you and your family a wonderful summer break. We look forward to welcoming you back to school for the new academic year in September.

Yours sincerely



**Mr J Till**  
**Headteacher**



**Mr T Walker**  
**Head of School**



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