

18 May 2026

Dear Parent/Carer

Supporting the Emotional Wellbeing and Mental Health of Young People

At Turves Green Boys' School, the emotional wellbeing and mental health of our young people remains a key priority. Adolescence can be a challenging time for many children and young people as they navigate friendships, social pressures, academic expectations, family changes, identity, and the increasing influence of social media and the online world. Whilst many young people cope well with these challenges, others may experience periods of anxiety, low mood, stress, emotional overwhelm, or other mental health difficulties.

As parents and carers, you play a vital role in supporting your child's emotional wellbeing. Often, changes in behaviour can be subtle and may present differently from one young person to another. Some young people may become withdrawn, irritable, anxious, tired, or reluctant to attend school. Others may continue to smile, laugh, socialise, and engage positively with those around them, appearing well on the surface whilst privately struggling underneath. It is important to remember that emotional difficulties are not always immediately visible.

For this reason, open and regular communication with your child is incredibly important. Creating opportunities for calm, non-judgemental conversations can help young people feel safe, listened to, and supported. Simple daily check-ins, noticing changes in mood or behaviour, and gently asking how they are coping can make a significant difference. Young people often need reassurance that it is okay not to feel okay, and that seeking help is a sign of strength.

If you are worried about your child's emotional wellbeing or mental health, please do not hesitate to seek support. Early conversations and early intervention can often prevent concerns from escalating. As a school, we are here to help, support, guide, and assist families in any way we can. We value working in partnership with parents and carers to ensure that all young people feel safe, supported, and able to thrive both emotionally and academically.

To discuss this, or any other concerns you may have, please contact your child's Head of House in the first instance.

Continued...



Turves Green Boys' School
Northfield
Birmingham
West Midlands
B31 4BS



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Academy Trust
EDUCATION WITHOUT EXCEPTION

0121 483 2890



Turves Green Boys' School



turvesgreenboys



postbox@tgbs.co.uk



- Austin House – Mr A Leiper: aleiper@tgbs.co.uk – Option 1
- Boulton House – Mr D Stafford: dstafford@tgbs.co.uk – Option 2
- Tolkien House – Mr J Kelley: jkelly@tgbs.co.uk – Option 3

On pages 3 and 4, you will find the details of organisations and services that provide support, guidance, and advice for young people and families, alongside information about the Early Help offer available within our school.

Thank you for your continued support and partnership in promoting the emotional wellbeing and mental health of all our young people.

Yours faithfully



Mr J Till
Headteacher



Mr T Walker
Head of School



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USEFUL RESOURCE:

KOOTH

<https://www.kooth.com/>

(A free, safe, and anonymous online mental wellbeing service offering counselling, self-help resources, and emotional support for children and young people.)

Childline

0800 1111 (24-hour phone line)

www.childline.org.uk

(Charity supporting children and young people)

Pause

[Forward Thinking Birmingham – Pause](#)

(Forward Thinking Birmingham's drop-in wellbeing service for young people up to 25. Young people can register online for groups and workshops.)

Young Minds

0808 802 5544 (Parent helpline: 9:30am – 4pm, Monday to Friday)

[Young Minds](#)

(Mental health charity for children and young people)

Samaritans

Call 116 123

[Samaritans Support Line](#)

(Resources to support emotional wellbeing and mental health)

#You'veBeenMissed

[#You'veBeenMissed](#)

(Resources to support the mental wellbeing of children and young people)

TGBS School Website

[CAMHS Resources Website](#)

IN THE CASE OF AN EMERGENCY:

Crisis Team

0300 300 0099

(Please ask an adult to phone on behalf of a young person)

Medical Emergencies

999

Accidents and Emergencies

If your young person is in immediate danger of taking their life, please attend your nearest A&E department immediately.



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SUPPORT FOR FAMILIES THROUGH EARLY HELP:

At Turves Green Boys' School, we have a range of key staff with expertise in supporting pupils and their families. Miss Brooker, our School Social Worker, works closely with families and external agencies to provide guidance and support with any challenges you may be facing.

The attached flyer outlines the support available through Early Help.

If you have any questions, please contact Miss Brooker using the details provided. Should you feel, this support would be beneficial, she will be happy to arrange a date and time to complete an Early Help assessment.

EARLY HELP

AT TURVES GREEN BOYS' SCHOOL

WORKING TOGETHER TO SUPPORT CHILDREN, YOUNG PEOPLE AND FAMILIES

What is Early Help?
Early Help means taking action to support a child, young person or their family as soon as a problem emerges.

- Can happen at any stage in a child's life – from pre-birth to young adulthood.
- For all children and young people, whatever the need.
- Supports families with any problem they cannot deal with alone.

Early Help is about getting the right support, from the right people, at the right time.

Why is Early Help important?

- ✓ Provides support before problems get worse
- ✓ Helps different professionals work together
- ✓ Reduces the need for specialist or statutory services (unless absolutely necessary)

Early Help can be simple advice and guidance, practical support, or more intensive help in complex situations.

What does Early Help look like?

- Friendly, supportive conversations about your child's needs
- Working with health, education, social care or community services
- Using the Signs of Safety and Wellbeing Framework:
 - ➔ What's going well?
 - ➔ What are the worries?
 - ➔ What needs to happen next?
- An Early Help Assessment & Family Plan so everyone knows what support is in place




If you feel your family would benefit from support, please contact:

Miss Brooker
0121 483 2890
hbrooker@tgbs.co.uk

Help for all families in Birmingham



Food & Energy



Youth Support



Domestic Abuse



Emergency Funding



Money & Debt Advice



Data & IT



Under 5's Support



School Uniforms & Clothing



Parenting



Special Needs & Disabilities



Bereavement



Housing



Sexual Health



Mental Health



Play



Birmingham Children's Partnership

<p>Edgbaston EarlyHelpEdgbaston@gatewaysf.org 0121 456 7821</p> <p>Erdington ErdingtonFamilies@compass-support.org.uk 0121 748 8199</p> <p>Hall Green HallGreen.Families@greensquareaccord.co.uk 07570 953519 (9:30am to 4:30pm)</p> <p>Hodge Hill EarlyHelp-Hodgehill@family-action.org.uk 07976 199894</p> <p>Ladywood childrenandfamilies@bsettlement.org.uk 07764 977636</p>	<p>Northfield NorthfieldFamilies@northfieldcommunity.org 07516 918 133</p> <p>Perry Barr PerryBarrEHnetwork@spurgeons.org 0121 752 1900</p> <p>Selly Oak EarlyHelp.SellyOak@gmail.com 0121 441 4556</p> <p>Sutton Coldfield SuttonEHnetwork@spurgeons.org 0121 752 1860</p> <p>Yardley EarlyHelpYardley@barnardos.org.uk 0121 289 4875</p>
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