



19 March 2020

Dear Parent /Carer

We are aware that this is a period of great uncertainty for many of our students. While schools across the country are closed or operating a reduced service, we felt it would be timely to remind you of external support systems that children and young people can access if they are feeling overwhelmed, or feel that they would benefit from talking to someone. **These can be accessed by any student who needs emotional support and advice.** Please pass this information onto your child, or look together at the different sites and organisations.

Kooth is Free, Safe and anonymous online support which operates between Monday and Friday 12pm – 10pm and Saturday and Sunday between 6pm – 10pm. The service can be found at <https://www.kooth.com>

Teen Connect is a helpline for 13-18 year olds looking to access support either by phone or online chat. These services can be accessed between 1530 and 0200 Monday to Friday and 1800 – 0200 on a weekend. The service can be contacted in the following ways:

- Call us on **0808 800 1212** – if we can't pick up, leave us a voice message and we'll call you back as soon as we can
- Text us on **0771 566 1559** and a member of staff will let you know when someone will be available to call or chat online with you
- <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>

The Market Place is a well-regarded service that offers a range of support including one to one support, counselling, group work and drop ins. Further information may be found at <https://www.themarketplaceleeds.org.uk/>

Drop ins are available Monday to Thursday between 15.00 and 18.00. Friday between 18.00 and 21.00 and weekends between 14.00 and 16.00.

Childline offers a confidential talk with a trusted adult on 0800 1111.

Chat Health is a text messaging service for emotional health and well-being available on 07520 619 750.

Fieldhead Road, Guiseley, Leeds, LS20 8DT 01943 872315 guiseleyschool.org.uk info@guiseleyschool.org.uk
Headteacher: Mr Paul Clayton



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If at any point you are concerned about your child's mental health or wellbeing please seek advice from your GP and/or speak to MINDMATE SPA Leeds. Parents or children can call **0300 555 0324** during office hours. Further information is available here:

<https://www.mindmate.org.uk/im-a-parent-or-carer/>

<https://www.mindmate.org.uk/im-a-young-person/>

We would like to take this opportunity to wish you the very best over the coming weeks.

Yours sincerely



Paul Carney
Designated Safeguarding Lead



Ali Brooksbank
Deputy Designated Safeguarding Lead