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ELY COLLEGE

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1st February 2021

Dear Parent/Carer

Children's Mental Health Week

You may be aware that this week is Children's Mental Health Week. We were due to do a variety of activities in school to support and promote this but sadly due to the pandemic they have had to be curtailed. There will be an assembly for students at the end of the week on the topic. I have forwarded some links to Talking FreEly which is a local charity who we have previously worked with in school and are hoping to do so again, they will be putting various posts out over the week on the topic. I have also added some contacts below of other support lines that are able to help.

You can still contact the school to discuss any concerns - this can either be done via the student's House office or via email: worried@elycollege.co.uk Students can also access help via: helpinghand@elycollege.co.uk where peer support is available.

Yours faithfully

Mrs L Riches

Lead Child Protection Officer

Talking FreEly

Facebook – <https://www.facebook.com/TalkingFreEly>

Twitter – <https://twitter.co./TalkingFreEly>

Instagram – <https://www.instagram.com/talking.freely>

Linkedin – <https://www.linkedin.com/company/18220206/admin> **SUPPORT OUTSIDE SCHOOL**

Links to outside agencies:

Centre 33 - 0333 4141 809

help@centre33.org.uk

Drop in 24A Barton Road, Ely, CB7 4DE - Thursdays 2pm-5pm

or

Support from your GP:

The following websites also provide useful information:

www.youngminds.org.uk

www.youthoria.ok

www.childline.org.uk plus you can call 0800 1111

www.chums.uk.com

