



# MAIDEN ERLEGH

## SCHOOL

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Dear Parent/Guardian

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

As the academic year draws to a close and the summer holidays fast approach, we wanted to take this opportunity to remind you of the online Mental Health and Emotional Wellbeing support on offer for students and families from the Local Authority.

Firstly, you will recall the Local Authorities and CCG have jointly organised free access for all 11+ year olds to Kooth. Kooth is a free online counselling and emotional well-being support service providing young people aged 11-18 years (up to 19<sup>th</sup> birthday) in Berkshire West with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors.

To use the service or find out more visit [www.Kooth.com](http://www.Kooth.com)  
You can also view a short video about the service by following this link: [Kooth Video](#)

Secondly, they relaunched in January 2021 the [Little Blue Book of Sunshine](#) - their local mental health booklet aimed at teenagers. The book offers practical and useful advice and aims to help young people by sharing many tips on how to deal with many problems, such as anxiety, stress, body image, relationships, and anger. It also includes information about where to get help when they need it. The booklet is also now available in [Apple Books](#) and [Google Play Books](#), as well as via the link above.

Finally, the Local Authority website has an abundance of information about how to access Emotional Wellbeing and Mental Health support should the need arise for any reason. A link to this information can be found here: [BWSCP EW&MH page](#)

The Safeguarding and pastoral teams wish you all a very deserved and welcomed break over the summer holidays and we look forward to seeing the students back in September, for the start of another new academic year.

Yours sincerely

Mrs J Bhadye  
Assistant Headteacher  
Designated Safeguarding Lead