**Title: Mental health and emotional wellbeing support for children and young people in Warwickshire**

This has been another tough year for many, with COVID still present in our communities and many children and young people experiencing a detrimental impact to their mental health and wellbeing. As we know the winter months can often be challenging for young people, with the longer nights and colder weather, we wanted to take the opportunity to recap the support available for anyone who might be feeling anxious, depressed, stressed or worried.

There are lots of agencies across Warwickshire that can provide support for children and young people and their families and some information is included below for you to use in your next school newsletter. Please share this information as a reminder to those who might be looking for support and are unsure where to go.

**Copy to include in your school newsletter:**

**Support for your child’s mental and emotional wellbeing**

This has been another tough year for many, with COVID still present in our communities and many children and young people experiencing a detrimental impact to their mental health and wellbeing.

As we know the winter months can often be challenging for young people, with the longer nights and colder weather, we wanted to take the opportunity to share the support available in Warwickshire for anyone who might be feeling anxious, depressed, stressed or worried. Even if they don’t feel they can talk to someone they know there is always someone who will listen and who can help.

**Online resources**

[**Kooth.com**](https://www.kooth.com/)

*“I really like how you can share your problems anonymously and have help from others. It makes me feel accepted and that people will not judge me.”*

Kooth provides a free, safe and anonymous online community where you can access and contribute helpful articles to their online magazine, join a conversation in the discussion boards, keep a log of how you’re feeling with the daily tracker and chat to one of the team anonymously either through live chat or via message. Visit [kooth.com](https://www.kooth.com/) to find out more.

[**CWRise.com**](http://www.cwrise.com/)

Coventry and Warwickshire Rise (CWRise) specialise in providing emotional wellbeing and mental health support to children and young people in Warwickshire. They are made up of a number of different services, each led by mental health specialists.

24/7 support is available online at [www.cwrise.com](http://www.cwrise.com) including COVID-19 related resources, links to other resources and trusted organisations offering a variety of support, as well as a range of videos and leaflets. A whole host of videos are also available from Rise & Shine Fest, which took place during half term, covering things like the 5 Ways to Wellbeing and topics such as Autism and ADHD, bereavement and anxiety. You can view these resources at [cwrise.com/rise-shine-fest](https://cwrise.com/rise-shine-fest).

[**Dearlife.org.uk**](http://www.dearlrlife.org.uk/)

If you are struggling with complicated and negative thoughts and feelings, or if you are worried about someone else go to [www.dearlife.org.uk](http://www.dearlrlife.org.uk/) for information, advice and service information.

You can also find a wide range of advice and mental health and wellbeing support available to you in Warwickshire at [www.warwickshire.gov.uk/mentalhealth.](http://www.warwickshire.gov.uk/mentalhealth)

**Support over the phone**

ChatHealth is a confidential and anonymous text messaging service for young peopled (aged 11-19) to contact their local school nursing team. The service is provided by Compass wellbeing workers. You will get a reply within 24 hours between 9am and 5pm, Monday to Friday (except Bank Holidays).

* 11 to 19 years olds can text a school nurse on 07507 331 525.
* Parents or carers of under 5s can text a health visitor on 07520 615 293.
* Parents or carers of 5 to 19 year olds can text a school nurse on 07520 619 376.

**Urgent help**

If you are experiencing a mental health crisis you can call the **Rise Crisis Team’s freephone number: 0808 196 6798** (select option 2) at all times, though it is an advice-only service overnight from 8pm to 8am.

**In an emergency call 999.**