



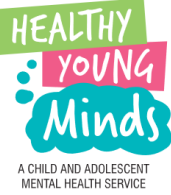



19th March 2020

Dear Parents / Carers

In response to the Governments decision to close all schools because of the coronavirus, as a school community we are acutely aware of the impact that this may have on children's mental health and wellbeing. To help support your child we would like to signpost you to useful apps, that may help you during this difficult time.

	Blurt alert – An app supporting those affected by Depression.
	SuperBetter – An app which helps build resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges.
	Papyrus – the national charity dedicated to the prevention of young suicide.
	Meetwo - This is an award winning fully moderated app for teenagers, which provides peer support, expert help, inbuilt educational and creative resources as well as in-app links to UK charities and helplines www.meetwo.co.uk
	Mindshift – This is a free app designed to help teenagers and young adults cope with anxiety. It can help people to change how they think about anxiety – instead of avoiding anxiety, make a shift and face it
	Headspace mindfulness app Headspace is offering free support during the current global crisis

Kind regards

Mrs Faith Brophy

Assistant Headteacher