



Beamont Collegiate  
Academy

Long Lane, Warrington, WA2 8PX

Tel: 01925 579500

E-Mail: [mail@bca.warrington.ac.uk](mailto:mail@bca.warrington.ac.uk)

Website: [www.bca.warrington.ac.uk](http://www.bca.warrington.ac.uk)

Principal: Mr G Harris BA (Hons), MA, NPQH

5<sup>th</sup> February 2021

001 LBS JPO X Sub 20

Dear Parent/Carer

As part of the remote tutor programme this week, we have supported the national event, 'Children's Mental Health Week' 1<sup>st</sup> – 7<sup>th</sup> February and 'Time to Talk Day' 4<sup>th</sup> February.

The past year has been incredibly challenging and with adjusting to home schooling again, many of us will be feeling the extra pressure.

Because of this, it's important we make time to talk about how we're feeling and that we also ask others if they're OK.

At this time, support for children's mental health is more important than ever and as parents and carers, you play an important role in your child's mental health.

I would like to take this opportunity, to provide you with further support services.

**Internal support for children:**

[tellus@bca.warrington.ac.uk](mailto:tellus@bca.warrington.ac.uk)

**Online support for children:**

<https://giveusashout.org/>

<https://www.kooth.com/>

<https://youngminds.org.uk/>

<http://happyoksad.warrington.gov.uk/>

<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://sidebyside.mind.org.uk/>

**Chat Health Warrington for Children:**

<https://chathealth.nhs.uk/start-a-chat/>

Advice for Teens in Warrington

- Organisation: Bridgewater Community Healthcare NHS Foundation Trust
- Service: Warrington School Nursing Service
- For: Children and Young People aged 11 - 19 in Warrington
- Response Time: Within 24 hours, 9am – 5pm Monday to Friday (except bank holidays)

07507 330101 [07507 330101](tel:07507330101)



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## Online support for parents & guardians:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

<https://youngminds.org.uk/find-help/for-parents/>

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

## Chat Health Warrington for parents:

<https://chathealth.nhs.uk/start-a-chat/>

Advice for Parents of School-aged Children in Warrington

- Organisation: Bridgewater Community Healthcare NHS Foundation Trust

- Service: Warrington School Nursing Service

- For: Parents and carers of children and young people aged 5 – 19 in Warrington

- Response Time: Within 24 hours, 9am – 5pm Monday to Friday (except bank holidays)"

07480 635994

If you require any further support, please don't hesitate to contact reception.

Yours sincerely

**L Burrow**

Mrs Burrow  
PSCHE Lead



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