



The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

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Dear Parents/ Carers

We hope that you are all staying safe and well. We would like to offer our thanks for your support in keeping your children at home in order to safeguard everyone.

As a Trust we also recognise that this will potentially create additional stress within your lives and the lives of your children, as the normal routines of life are changed so significantly. School leaders and other key safeguarding staff within the individual schools will continue to support pupils from a mental health and well-being perspective. Please do not hesitate to contact your child's school should you require any specific support.

In more general terms the information below may be invaluable in helping you to deal with or gain advice for any concerns you may have in the present situation we are all faced with. These concerns may evolve as time goes on rather than, for most, in the immediate future.

If you feel your child's school can offer any further advice or help please do not hesitate to contact them.

Yours sincerely

Jacque Devoy
BKCAT HR Manager

Lesley Fitton
CEO

Sources of Support

Samaritans: <https://www.samaritans.org/> or any time free from any phone 116 123 or text 07725 909090 or email: jo@samaritans.org

Young Minds: <https://youngminds.org.uk/> or Parent Helpline 08088025544 free for mobiles and landlines – Monday to Friday for concerns relating to child/ young person's mental health up to the age of 25

The Papyrus Helpline: www.papyrus-uk.org if you are worried about someone and need to talk or find out how best to support them. Their work deals with suicide prevention. Call 0800684141 or text 07786 209697 or email: pat@papyrus-uk.org

Kooth: www.kooth.com free safe and anonymous support for 11-19 year olds online

Childline: Contact number 0800 11 11 www.childline.org.uk

CAMHS: Children's Adolescent Mental Health Service - single point of access for advice and support 01924 304 172 or

<https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield/>

Children's Society – Self isolating and dealing with conflict at home:

<https://www.childrenssociety.org.uk/>

If you are worried about a family or individual:

Wakefield Children's Social Care: 0345 8503503

Leeds Children's Social Work Services: 0113 222 4403 (Weekdays, 9am to 5pm, excluding Wednesdays then open from 10am), you don't need to give your name if you don't want to.

For up to date and accurate information about COVID-19

www.gov.uk/coronavirus

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

www.nhs.uk/coronavirus

<https://111.nhs.uk/>

General Health and Wellbeing

Turning Point talking therapies online support at <https://talking.turning-point.co.uk/wakefield/>

Mind <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsedabaa>

<https://www.nhs.uk/oneyou/every-mind-matters/>