



Atlantic Academy Portland

an Aspirations Academy

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Dear Parent / Carer

Wellbeing & Mental Health

This term has been incredibly turbulent and somewhat overwhelming with government announcements changing processes and procedures regularly. I want to say thank you so much for supporting us in home learning. We know it is not easy to juggle jobs, children and deadlines - you are all doing an amazing job.

In a recent survey it was identified that three out of five secondary pupils have experienced mental health problems themselves, or are close to someone who has. The study also identified that one in seven 11-19 year olds say their mental health is poor or very poor. In such unprecedented times, it really is important to step back and recognise feelings and thoughts. With this in mind, I thought it would be useful to write to you in order to support the wellbeing and mental health of yourselves as parents/ carers and the students as well. Below is a list of organisations out there to support you and your child. I am also including the [link](#) to our website as it contains further support regarding mental health and wellness and also [e-Safety](#). Please know that it is absolutely okay to reach out and ask for help.

	Kooth - online counselling and emotional wellbeing platform for children and young people offers an online live chat option.		Mental Health Foundation - Has some fantastic resources on working from home (for you as parents1) as well as resources on anything Mental Health related
	Dorset Mind Your Head - Support includes counselling, drop - ins and mentoring.		Chat Health- Dorset confidential text messaging service that enables children and young people (aged 11-19) Text: 07480635511
	NHS Support (For NHS workers) Call 0300 131 7000 (7am-11pm 7 days a week) 24 Hour Mental health helpline- 08001830558 (for everyone)		Headspace - Mindfulness app White Noise Lite - Helps sleep by blocking distractions and relaxes and reduces stress Sleep Cycle - Analysis sleep patterns
	Shout- The UKs first free, confidential 24/7 text support service. Text SHOUT to 85258.		Switchboard - One stop listening service for LGBT+ people on the phone, by email and messaging.

Yours faithfully

Ms T Board
Assistant Principal