



ST AUGUSTINE OF CANTERBURY CATHOLIC HIGH SCHOOL

Headteacher: Mrs G. Lynch

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22nd March 2021

Dear Parents and Carers

At St Augustine of Canterbury Catholic High School, we know that mental health is a real and important issue. We know that many young people will be struggling to the extent where they are becoming mentally unwell. This is a frightening time not only for them, but also for their friends and family. As a school we have a wide range of support mechanisms in place to ensure all our pupils are supported.

If any young person is struggling with their mental health, it is vital that either they, or yourselves as parents, feel able to talk about your worries. Please feel free to contact the Pastoral Teams at school on 01744 678112 for further information on any of the services detailed in this letter, or if you have any concerns regarding your child or any other child within our school community. Our Pastoral Teams will be only too happy to help and provide support.

Year 7 Mrs Farrington Mrs Kenyon	Year 8 Mr Holdsworth Miss Conley	Year 9 Mr Wood Mrs Hutton	Year 10 Mr Ainsworth Mrs Jackson	Year 11 Mrs Long Miss Ramsden
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The Local Authority, as a vital part of its service, also have a range of measures in place to ensure that the right support is provided for anyone who may be suffering with their mental health.

Many students will wish to talk with their parents about recent incidents. I encourage you to let your son/daughter know that you are aware of these incidents and that you will listen to their concerns at any time they wish to share them. Staying connected and engaged with your son/daughter is one of the best ways to support them. Two important messages to promote are that all of us should seek help from others when we feel down or vulnerable and that young people should tell a trusted adult if they are worried about a friend or themselves expressing suicidal thoughts. If your son/daughter is already using the services of a mental health professional, you should ensure this information is passed on to that professional.

We therefore plead to all our young people and parents, that if you are struggling in anyway, please seek support. This could be from your GP, or a member of staff or alternatively, there are a range of services specially placed to support young people and families (see below).

Grow Your Happy

Recommended by St Helens Youth Council for all young people in St Helens.

Contains all local support services including Kooth an online mental well-being community.





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CAMHS

Child and Adolescent Mental Health Services - also known as CAMHS work with young people with emotional, behavioural or mental health difficulties, and their families.

Self-harm

St Helens Its Ok to Ask (oktoaskcampaign.co.uk) promote the Home - Calm Harm App (12+years). Free 24/7 text support for young people across the UK experiencing a mental health crisis Self-harm (youngminds.org.uk) Text: YM to 85258

Suicide

Papyrus HOPELINEUK | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org) 0800 068 4141 is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide and self-harm. Also offers support for anyone supporting (parents and teachers) a young person who could be thinking about suicide.

Papyrus guide which offers practical and professional advice to parents and carers who are supporting a young person experiencing thoughts of suicide or self-harm:

<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

StayAlive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis (12+years).

Well-being

St Helens Wellbeing Service provides virtual mental health, suicide prevention and well-being training sessions tailored to the needs of the school community.

Contacting the Pastoral Team is an important way of ensuring you receive consistent and accurate information and for us to be aware of all parent concerns. Mental health, self-harm and suicide are always a difficult topic to talk about, however by having these conversations, we can keep people safe.

Thank you, and remember, as difficult as things may seem, you are surrounded by people who care and are there to support you.

Yours sincerely



Mrs G Lynch
Headteacher