



Winchmore School

learning to realise potential

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Headteacher: Jim Owen

Our Ref: Signposting/gg/o/admin

Friday 16th December 2022

Dear Parents and Carers,

Providing support for your young person throughout their teenage years can be challenging. It is a time of great change as they go through developmental milestones which can be stressful, such as exams, turbulence in friendship groups and coming to terms with aspects of their identities. Many families also experience additional challenges in the form of illnesses, bereavements, financial pressures to name a few.

As a school we are here to support you as you support your children through these events. Sometimes it may be difficult to cope on your own, so we encourage you to seek support when needed. As a school our pastoral system is designed with student wellbeing in mind, beginning with daily contact with the form tutor and a program to enhance wellbeing in Relationships, Sexual and Health Education (RSHE). We also have staff trained in counseling and mentoring on hand to support students. Please get in touch with the relevant form tutor or head of year if you have any issues you require support with.

Sometimes young people and their families require more intensive, urgent or specialised help than can be provided in school. Enfield Child and Adolescent Mental Health Service (CAMHS) has provided a list of recommended organisations to support families throughout challenging times. Here is a selection that may be of use.

Yours faithfully,

Sacha Gentchev
Counselling Mentor

sacha.gentchev@winchmore.enfield.sch.uk

Ext. 116

In the event of a Mental Health Emergency

Barnet, Enfield and Haringey Mental Health NHS Trust 24 Hour Crisis Telephone Service
0800 151 0023

Anna Freud Youth Wellbeing Directory

Free local and national organisations for anyone up to the age of 25, along with important information you may find helpful. Website: <https://www.annafreud.org/on-my-mind/youth-wellbeing/>

'My Time' Every Parent and Child: Counselling for children 5-18 with school based challenges. Email: enquiries@epandc.org.uk Website: www.epandc.org.uk

Enfield IAPT Team: Counselling service for 16+ with mild- moderate mental health difficulties. Website: www.lets-talk-iapt.nhs.uk Self-refer: <https://www.lets-talk-iapt.nhs.uk/self-referral>

Mind: Mental health charity providing information and support.

Website: <https://www.mind.org.uk/information-support/types-of-mentalhealth-problems/>

Telephone numbers: Advice - 0208 906 7505 | Counselling - 0208 906 7508 | Wellbeing - 0208 906 7507

Young Minds: Mental health support for young people (For Parents and Young People) Website: <https://youngminds.org.uk/>

Young Minds Parent Helpline: Offers free and confidential expert advice for parents worried about their child. Information on supporting children and young people with specific problems can also be found on their website.

Telephone: 0808 802 5544 free to call 9.30-4pm, online contact form for out of hours Website: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Kooth: online counselling service with a qualified counsellor and emotional well-being platform for children and young people. Website: <https://www.kooth.com/>

The Mix: A support service for young people – advice and support on mental health, money, homelessness, finding a job, break-ups, drugs. Online, social or our free, confidential helpline. Also has a crisis messenger where you can get crisis support via text. Text THEMIX to 85258 for crisis support Website: <https://www.themix.org.uk/>

Woebot: Woebot is an automated conversational agent (chatbot) who helps you monitor mood and learn about yourself. Drawing from a therapeutic framework known as Cognitive Behaviour Therapy. Website: <https://www.woebot.io/>

Childline: Advice articles, games, online forum, mood tracker, phone line, access to online counsellor for under 18s. Telephone: 08001111 (free and anytime) Website: <https://www.childline.org.uk>
Online counselling: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

SHOUT: Free confidential and anonymous text messaging service, any time, day or night. Text SHOUT to 85258 <https://giveusashout.org>

Parent Support Service: work with families to achieve positive outcomes for children aged 0-18 years and offer Parenting Support Programs. <https://new.enfield.gov.uk/if/parent-support-service/>

Family Based Solutions: Organisation you can self refer to who work with the whole family to repair and manage difficult family relationships. Website: <https://familybasedsolutions.org.uk>
Email: admin@familybasedsolutions.org.uk

Open Doors: Parenting Teenage Project service to support parents around concerns with their teenage children. Email: enquiries@opendooronline.org Website: www.opendooronline.org

Family Lives: parenting and family support, online chats, a helpline and online parenting classes Website: <https://www.familylives.org.uk/>