



Royal Cross Primary School

Lancashire's school for deaf children

Dear Parents / Carers

This has been a difficult period for many families and I would like to upload some links to well-being web sites that may be helpful ...

NHS

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

A public health England and NHS site to help people take simple steps to look after their mental health, improve their mental well-being and support others.

Mental Health

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

Quality-assured information, advice and resources to help primary schools understand and promote children's mental health and well-being.

NSPCC

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

Children's charity focussed on keeping children safe, offering advice on what you can do to support your child.

ChildLine

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

0800 1111

Advice and support for children on a range of topics, as well as games and videos suitable for children.

Samaritans

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Headteacher Bev Hennefer Elswick Road Ashton Preston Lancashire PR21NT

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W www.royalcross.lancs.sch.uk



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Call 0116 123 (24 hours, 7 days a week)

www.samaritans.org.uk

Healthy Lifestyles

www.nhs.uk/change4life

Change 4 Life offers information where you can discover healthy recipes, nutritional advice and activities to help your children stay healthy.

Bev Hennefer
Headteacher

July 20th 2020

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