



Oakworth Road, Keighley, BD22 7DU
Tel: 01535 210111
Email: office@beckfootoakbank.org

1st February 2021

Children's Mental Health Week, 1st-7th February

Dear Parents and Carers,

At Beckfoot Oakbank School we fully understand the importance of supporting our student's well-being through these difficult times. The last year has been extra stressful and it is normal and entirely understandable if you are feeling overwhelmed, frustrated, worried, or exhausted about the situation. You might be finding it harder than ever now to know how to best look after your child's mental health and wellbeing, as well as your own. If you are struggling, you are not alone.

Here at Beckfoot Oakbank School we are taking part in Children's Mental Health Week. This year's theme is Express Yourself. Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings, and ideas.

Visit [Children's Mental Health Week 2021](#) to find out more. .

The Duchess of Cambridge said:

"This year's Children's Mental Health Week is all about expressing yourself – about finding creative ways in which to share your thoughts, ideas and feelings. So, whether that's through photography, through art, through drama, through music or poetry – it's finding those things that makes you feel good about yourself."

"And while this is Children's Mental Health Week there has never been a more important time to talk about parental wellbeing and mental health too. Last year you told me just how important this was that many of us find it hard to prioritise. This is a hugely challenging time for us all so please look after yourself too. Find those ways in which to share your thoughts and your feelings or find someone to talk to because we really do need to be the very best versions of ourselves for the children in our care."

No child or young person should have to face mental health problems on their own. We are proud to be supporting @Place2Be's #ChildrensMentalHealthWeek.

Don't forget to hashtag #childrensmentalhealthweek on social media and let us know how you will be taking part in Children's Mental Health Week.

Thank you to all our community for your continued support.

Keep talking, we are in this together.

Tim Shearn

Beckfoot Oakbank Wellbeing Team



Headteacher: Tina Smith
CEO, Beckfoot Trust: David Horn
Chair of Academy Trustees: John Winkley

Beckfoot
Trust

Support and Advice for Children & Young Adults

The Mix:

Offers support to anyone under 25 about anything that is troubling them.

Email support available via their online contact form.

Free 1-2-1 webchat service available.

Free short-term counselling service available.

Phone: 0808 808 4994

Opening times: 4pm - 11pm, seven days a week

Young Minds Crisis Messenger

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Text: YM to 85258

Opening times: 24/7

Family Line

Provides information and support around family issues, as well as longer-term help through Befrienders and Counsellors.

Phone: 0808 802 6666

Text: 07537 404 282

Email: familyline@family-action.org.uk

Opening times: 9am - 9pm, Monday - Friday

Gingerbread

Provides support and advice for single parents in England and Wales.

Phone: 0808 802 0925

Opening times: 10am - 6pm, Mondays; 10am - 1pm and 5 - 7pm, Wednesdays; 10am - 4pm, Tuesdays, Thursdays, and Fridays

Anxiety UK

Provides information, support and advice for anyone struggling with anxiety.

Live Chat service available.

Phone: 03444 775 774

Text: 07537 416 905

Email: support@anxietyuk.org.uk

Opening times: 9.30am-5.30pm, Monday-Friday

Kooth.com

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day

Kooth is your online mental wellbeing community, access free, safe and anonymous support.

Live Chat service available at Kooth.com



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