

23 March 2020

Dear Student,

I hope this letter finds you well and staying safe during this challenging time. I recognise that for many of you, attending school has not only been a place where you receive an education, but also a source of support when you have needed advice, guidance and someone to talk to.

We want you to know that we are still here for you if you need a chat or have any concerns. There are a number of ways you can keep in touch:

**Text:** You can text your name and number requesting a call back on -

- Main School @ West Bromwich – 07955 851897
- Assessment @ Wednesbury – 07955 851900
- COPE @ Smethwick – 07719 989976
- CREATE @ Tividale – 07849 300351

**Email:** You can email your concern/contact request and contact number to [support@sandwellcs.org.uk](mailto:support@sandwellcs.org.uk) and a member of staff will be in touch.

**Video Call:** If you would prefer a face to face chat with a member of staff, drop us an email/text and let us know. We can set this up via a video calling app called Zoom. There is a user guide on our website to help you get started: [www.sandwellcs.org.uk](http://www.sandwellcs.org.uk)

There are also a number of external agencies that can offer you advice and support:

#### **Physical and Mental Health Advice Support Services for Students**



**School Nurse Services (Chat Health):** ChatHealth, a confidential text messaging service that enables children and young people (11 year olds plus) to contact their local Public Health nursing (school nursing) team and is available on 07480 635486



**Kooth:** Free, safe and anonymous online support for young people (11-19 years plus) available at all times [www.kooth.com](http://www.kooth.com) and includes accessing online counselling support (Monday – Friday: noon – 10pm  
Saturday – Sunday 6pm – 10pm)



**Beam Drop in-service (anyone under 19):** All face-to-face services have been cancelled; updates will be placed on Twitter @beamsandwell

**HEALTH FOR TEENS**

**Health For Teens Website:** For general health advice <https://www.healthforteens.co.uk/>



Drug Education, Counselling and Confidential Advice

**DECCA:** Sandwell Drug and Alcohol Services are still available as and when needed. Please phone 0121 5692201 or email [decca\\_team@sandwellchildrenstrust.org.uk](mailto:decca_team@sandwellchildrenstrust.org.uk)



**Brook (Sexual Health Support: 11 years old plus):** Are contacting young people directly to discuss the appropriate mode of support for their personal circumstance.



**Childline:** Website is operating <https://www.childline.org.uk/> and the counselling service is still available; please call 0800 1111



**Papyrus (Youth Suicide Prevention charity):** Still operating. Please call 0800 0684141 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)



The NHS website have some great apps, from whipping up tasty meals to finding easy ways to exercise, as well as the apps they recommend to help you stress less, handle anxiety and lift your mood. You can find more information on how to access them on the NHS website: <https://www.nhs.uk/oneyou/apps/>

During this time, please adhere to the government guidelines on social distancing to protect you and your family, particularly the elderly and those who have underlying health issues. You can find the latest government guidance by following this link: <https://www.gov.uk/coronavirus>

Take care and stay safe,

*Fiona Fearon*  
**Director of Safeguarding**