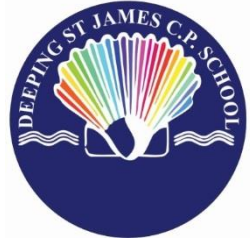


Deeping St James Community Primary School

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Deeping St James
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PE6 8PZ
Tel: 01778 342314
Email: enquiries@dsj.school
<http://www.deeping-st-james.lincs.sch.uk>



Headteacher: Mr Richard Westley

Dear Parent/Carers,

In addition to our own in school [Emotional Literacy Support Assistant role \(ELSA\)](#) provided by Mrs Magness, Forest School, PSHE lessons and 5 Ways to Wellbeing initiative in school, the link below is to an NHS site, set up for Lincolnshire, detailing support services available for children and families who may need help on emotional wellbeing, from self-help information to local emotional wellbeing services and specialist mental health services.

There are videos and support for parents and children, as well as access to other NHS support services. I would encourage everyone to take a look please.

<https://www.lpft.nhs.uk/young-people/lincolnshire/home>

This is a service that may be of use to families - particularly with the issues experienced in receiving direct support from some GP services.

Other useful resources include:

The NHS: mental health services are free on the NHS. Find out about the different ways to get help with your mental health, the process, and your rights.

<https://www.nhs.uk/mental-health/social-care-and-your-rights/how-to-access-mental-health-services/>

Samaritans: confidential listening service 'a safe place for you to talk any time you like' <http://www.samaritans.org> or you can call: 116 123

Shout: provides free, confidential text message support for anyone struggling to cope Text 'shout' to 85258

Every mind matters: expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change

www.nhs.uk/every-mind-matters/

Please do speak to a member of staff if you have any concerns about your own child.

Yours Sincerely,

RWestley

Richard Westley
Headteacher