

Coronavirus helpline for parents and carers

<https://news.dorsetcouncil.gov.uk/2021/01/12/coronavirus-helpline-for-parents-and-carers-2/>

“Our educational psychologists are available to help you. They will listen to your concerns and can offer practical advice and guidance.”

The helpline number is: **01258 474036**. It is open from Monday to Friday from 9am to 4.45pm. Callers need to ring and make an appointment for a 30 minute phone consultation.

FREE Mental Health Support Services

All of our support services continue to run successfully online and over the phone. These services include:

1:1 Counselling- Our 1:1 counselling service offers weekly 50-minute sessions for up to 6 weeks. Due to Covid, most of these sessions are currently taking place online or over the phone. This service is for young people aged 11-25.

Well-Being Check In Service- Through our Wellbeing Check In, a student can be matched up with a trained volunteer with whom they can have weekly phone or Zoom calls to discuss how they are feeling. They can access this service for up to 6 months. This service is also for young people aged 11-25.

Lockdown Support Groups- In order to help students with their mental wellbeing during lockdown, we have started a new Lockdown Support Group. This group is for young people aged 10-13 and will be running on Zoom throughout lockdown. It will be a great chance for students to meet to chat about how they are feeling in a safe and relaxed environment with the support of two of our amazing practitioners. The group will be running on Thursdays 4-5pm, starting on 4th February.

Please contact school for a referral form if you need support.