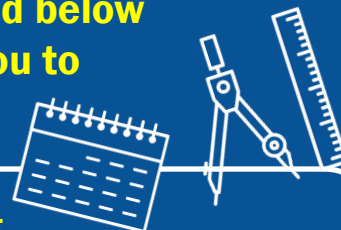


RETURNING AFTER COVID



We know that throughout our lives we sometimes need a little extra help. That said, lockdown has been tough for all of us. If you are someone that needs a little extra support please find below some ways in which we can help you, or sign post you to someone or somewhere that can...



IN SCHOOL SUPPORT

Thalia LeadBitter – School Counsellor – please speak to your Head of Year or Tutor if you feel you need support from the School Counsellor. This is confidential and the session will be held in a private room. We do need parental consent for this.

Inclusion Support

Inclusion support for variety of reasons – bereavement, sadness, anxiety, feeling of not being able to cope, difficulties at home, fears surrounding Covid or maybe feeling overwhelmed with coming back to school... any support you need, we can try our best to help you.

WEBSITES



Kooth - www.kooth.com – Support, and online chat with trained counsellors. Free to use.



On My Mind (annafreud.org) – www.annafreud.org/on-my-mind/



www.youngminds.org.uk
YoungMinds - children and young people's mental health charity



www.childline.org.uk
Worried about problems at home? Need some advice? - Family relationships | Childline



Feel you have been a victim of online sexual abuse – report confidentially here www.ceop.police.uk/safety-centre/

LOCAL SERVICES

[No5 - Free Counselling Services - Reading Home - ARC \(\[arcweb.org.uk\]\(http://arcweb.org.uk\)\)](#)
(low cost counselling service)



EMERGENCY SUPPORT

In case of emergency, please call **999** if you, or someone else's life is at risk

Child Line – 0800 1111

Shout – Anna Freud's emergency text crisis line 24/7 support text **AFC to 85258**



Please remember, do not suffer in silence – we are here to help. You can report this via your phone or computer on Classcharts via the wellbeing app, or email MERSafeguarding@maidenerlghtrust.org – this is monitored by Miss Burns and Josephine.



MAIDEN ERLEGH
SCHOOL IN READING