

# Rokesly Junior School

## Support for families

There is a range of social and emotional mental health support available to parents/carers, children and young people via the Haringey Council website:

<https://www.haringey.gov.uk/children-and-families/local-offer/health-services/thrive-framework/covid-19-mental-health-and-wellbeing-resources>



### Key services available to children, young people and staff to support their mental health and wellbeing:

- **Kooth** - an online mental health service offering support to young people aged 11-25. It is a free and confidential service that is open all week. [www.kooth.com](http://www.kooth.com)
- **First Step** provides psychological health screening and assessment for all looked-after children and young people in Haringey. Contact via email: [first.step@nhs.net](mailto:first.step@nhs.net)
- **Winston's Wish** is a charity that provides advice and support around bereavement as well as resources to use with children and young people [www.winstonswish.org](http://www.winstonswish.org)
- **Good Thinking** provides support to those who feel anxious, sleep deprived, stressed or sad [www.good-thinking.uk](http://www.good-thinking.uk).
- **Together in Mind** provides support to the North Central London workforce, including school staff [www.togetherinmind.nhs.uk](http://www.togetherinmind.nhs.uk)

Please also remember that **Barnardo's** has set up a helpline to assist children, young people and families from Black, Asian and Minority Ethnic communities affected by Covid-19.

<https://helpline.barnardos.org.uk/>

