



08th July 2021

Dear Parents / Carers,

We are very pleased to let you know that we are now working closely with the Broxbourne Mental Health Team. They have allocated us a worker, Christina Rochford-Gardiner. Christina will be providing interventions to pupils either one to one or in a small group to support their well-being and help with difficulties such as anxieties, phobias and low mood. Please contact your son's Tutor, Stevie Sharp or Sara Hill if you would like them to be referred for an intervention.

The Broxbourne Mental Health Support team virtual Drop in's

They are offering a call back service over the summer whereby parents or young people can email the team and request a call back. Emails should be sent to hpft.mhstbroxbourne@nhs.net. This is for one off support only; similar to drop in sessions that will be held in school from September. The call back service will be available Monday-Friday between 9am- 5pm. This is not a crisis number.

For any mental health crisis please contact

SPA 0800 6444 101 - a Crisis clinician is available 24/7

- Samaritans: 116 123, open 24/7
- <https://giveusashout.org/> or Text SHOUT to 85258 24/7
- SANE - out of hours helpline: 0300 304 7000, 4.30pm - 10.30pm daily

Virtual work shops

The Broxbourne mental Health Team are putting on several virtual workshops over the summer for parents. These workshops are only for parents of schools that have links with the Mental Health support team. They are free, but you must book through Eventbrite using the included links.

Virtual workshops

• Separation anxiety – a workshop for parents to support their children on Wednesday 4th August 11am



Headteacher: Mr P Delamaine BSc (Hons)
Hailey Hall School, Hailey Lane, Hertford, SG13 7PB.
Telephone: 01992 465208 FAX: 01992 460851

Email: admin@haileyhall.herts.sch.uk Website: www.haileyhall.herts.sch.uk

Patron: Billy Wingrove

'Hailey Hall School is committed to safeguarding'

This workshop is designed to offer parents, of school aged children, psycho-education, strategies and techniques to understand and manage separation anxiety.

<https://www.eventbrite.co.uk/e/managing-separation-anxiety-tickets-158884707437>

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o Monday 16th August 3pm

<https://www.eventbrite.co.uk/x/managing-separation-anxiety-tickets-158885919061>

· Transitioning to secondary school - a workshop for parents to support their children
Thursday 29th July 4pm

This is an opportunity to think about the challenges your children might face in the transition to secondary school and explore strategies to help overcome any worries, concerns, or anxiety around moving on.

The workshop will be hosted by an Educational Mental Health Practitioner from the Broxbourne Mental Health Support Team

<https://www.eventbrite.co.uk/e/transition-to-secondary-school-for-parents-tickets-159003558925>

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o Thursday 18th August 4pm

<https://www.eventbrite.co.uk/e/transition-to-secondary-school-for-parents-tickets-159006684273>

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· Young people who Self-Harm – a guide for parents

Finding out about your child's self-harm can be difficult and upsetting. It may evoke difficult emotions for you.

This workshop is aimed at parents to get a better understanding of what self-harm is and how to have difficult conversations and explore support moving forward.

o Monday 26th July 11am

<https://www.eventbrite.co.uk/e/young-people-who-self-harm-tickets-159501393963>

o Monday 16th August 4.30pm

<https://www.eventbrite.co.uk/e/young-people-who-self-harm-tickets-159501967679>

We hope you find this useful and reassured that this support is there should you need it.

Warmest regards

Stevie Sharp
Safeguarding Lead