



**Children's Mental Health Week 2022**  
**7<sup>th</sup> - 13<sup>th</sup> February**



This year's theme is "Growing Together".

We, at Bickley Primary, will be encouraging children to think of how they have grown and what they can do to help others grow. To grow emotionally can have challenges and setbacks but these are ultimately what makes us a stronger person and to help us move beyond our comfort zone. We will be thinking with the children how they have changed and the things that have made them stronger.

You may have health and wellbeing concerns about your young child and be unsure how to get the help you need.

There are multiple agencies on hand to offer you a little help.

**Bromley Well**

Bromley Well are able to provide a wealth of information on specific topics such as Autism, Young carers and Mental Health and Well-being.

<https://www.bromleywell.org.uk>



Bromley Y recognise that we all need a little help every now and then and they offer free children and young people's counselling services. Don't suffer in silence – there is a listening ear on hand for anything you and your child may be experiencing.

<https://bromley-y.org/for-children.html>



Family Lives – a confidential service for parents and carers, can be contacted by calling the Helpline on 0808 800 2222 or they have an online webchat service available Monday-Friday 1:30pm-9pm.

This service is an easy way for parent and carers of children aged 0–19 years to confidentially access help regarding a range of issues, such as:

- feeding and nutrition
- child development
- parenting advice and support
- emotional health and wellbeing
  - behaviour difficulties
  - family health

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/>

**As we well know, to be in a position to promote and support your child’s emotional well-being, we need to ensure your own is being taken into consideration too.**

**If you feel you may benefit from a little extra support for yourself there is so much on offer to you.**



You can self-refer via the NHS website for talking therapies here;

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>



Alternatively, you can have a read through some of the advice, support and guides available from Mind, who offer tips for every-day living, money, work and much more.

You can access their support here;

<https://www.mind.org.uk/information-support/>

As ever, if you would like a chat with me, the FLO, please feel free to drop me an email [amy.nabdoo@bickley.bromley.sch.uk](mailto:amy.nabdoo@bickley.bromley.sch.uk) or call the school on 0208 460 6790

