

LEIGH XII APOSTLES' RC PRIMARY SCHOOL
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Dear Parents,

As part of Children's Mental Health Week, you may wish to read some guidance, written for parents, to support your children at home. Below are links to resources published by the National Centre for Children and Families and links to useful numbers to contact in Wigan, if you are concerned about your own or your child's mental health.

Many parents report that they have seen a change in their child's behaviour. A child's instinct and need to play with other children is very strong and, unfortunately, we cannot replace that. We can however, try to help manage and support emotions associated with such losses. We hope that this guidance can help.

<https://www.mentallyhealthyschools.org.uk/resources/youre-never-too-young-to-talk-mental-health-tips-for-talking-for-parents-and-carers/>

<https://www.mentallyhealthyschools.org.uk/resources/minded-talking-to-my-child/>

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Adults/fit-and-well/Mental-health/Help-and-support.aspx>

Please remember to be kind to yourselves too. You can only ever do your best, even though that doesn't always feel enough; we think that you are all doing an amazing job!

Kindest regards,

Mrs. O'Boyle

SENCo



Through learning and loving we will follow Jesus.