



Mental Health and Wellbeing

Newsletter April 2023



We hope that you had a lovely Easter break.

At Cecil Road we have a new way for children to share any worries they may have. We have a 'worry box' that is placed outside Mrs Vincent's room. Children are able to post any worries they may have. These are then looked at within a week and children are spoken to about their worries they may have.



Talking Mental Health

We all have mental health it is about our feelings and emotions. It is important to look after our mental health.

This video shows how this can be done.

<https://youtu.be/nCrjevx3-Js>





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Useful Apps and websites



Action for Children

Free advice for parents and carers of children aged 0– 19. Confidential service with qualified parenting coaches.

[1:1 chat - Parent Talk](#)

YANA

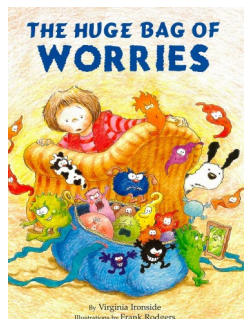
Wellbeing support for children and young adults living in Kent
[YANA - You Are Not Alone \(imago.community\)](#)



HappiMe

Free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people

Stories to share with your

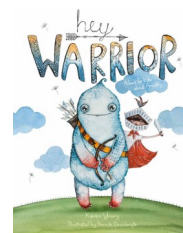


[a huge bag of worries - Google Search](#)



[it's ok to make mistakes - Google Search](#)

[hey warrior - Google Search](#)



You are not alone, we are here to help



North Kent Mind are offering free support to over 18s. There is a quick registration on the link below and then someone from mind will call you.

[Welcome to North Kent Mind - North Kent Mind](#)



Young minds messaging service provides free 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support then text YM to 85258



Call 116 123 for free, 24 hours a day, 365 days a year, what ever you are going through.