



The Henry Cort Community College

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Our ref: BEP/LCD

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Dear Parent/Carer

Mental Health Support

We sincerely hope the Christmas holidays are a lovely break for all our students but we are conscious, that for some, the holidays present difficult challenges and we would not wish for any student to find themselves isolated and vulnerable or under pressure because of the changing Coronavirus situation.

Therefore, I wanted to sign-post some specific mental health support charities should your child(ren) need it.

Kooth: <https://www.kooth.com>

Free, anonymous online counselling and emotional well-being support service for young people aged 11-25 years (up to 26th birthday). It offers a safe way to access support for emotional health and well-being needs from a team of professional qualified counsellors. Counsellors are available from 12noon - 10pm on weekdays and 6pm - 10pm at weekends, every day of the year. **No referral needed.**

Think Ninja:

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional well-being, and develop skills they can use to build resilience and stay well. ThinkNinja - NHS (www.nhs.uk)

I hope this information is useful and we wish all our students and their families a lovely, relaxing Christmas break.

Yours sincerely

Mr B Parker
Assistant Principal – Behaviour and Inclusion

PRINCIPAL: Ms C Cabbage BSc (Hons), Dip Ed, MBA, CMgr FCMl

SENIOR LEADERSHIP: Mr T Mitchell BSc (Hons), MSc, Mr B Parker BA (Hons), Ms L Ferrier BA (Hons), Miss C Gudgeon BA (Hons) Mrs K Cook BA (Hons), ADSBM

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