|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  WELL-BEING NEWSLETTER| **June 2020** **PARENT/CARER Issue 4** |  |
|  |  |  |
|  |  |  |
|  |  | Welcome to the second issue of our ‘Work Hard; Be Kind; Well-being’ newsletter!There’ll be an issue of this newsletter at the end of each month until the end of this academic year (July). This is your ‘one-stop-shop’ for information and resources to support you during this period. Please also see our newsletters for pupils in addition to this one for you.01. Keeping on top of your ‘well-being’* Click the image to be directed to psychcentral.com’s tips for well-being:

More tips to gain better mental well-being – click on the image for more information from the NHS:A short video on 5 ways to wellbeing: <https://www.youtube.com/watch?v=LCA4EEyCBCE>02. Information, guidance and updatesGovernment response to COVID-19 – this includes the latest announcements and guidance/information/announcements to date <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> Click here if you need to book a Covid-19 test:<https://www.nhs.uk/ask-for-a-coronavirus-test>03. SupportClick here for links to various mental health services:<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>**Directory:*** The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's **FREE** or email jo@samaritans.org.uk - <https://www.samaritans.org>
* <https://www.mind.org.uk/>
* <https://www.nhs.uk/>
* <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

04. Activities and resources* <https://www.bbc.co.uk/bitesize/articles/znsmxyc>

**05. ‘Here’s one I tried earlier’****Sew yourself to well-being:** Read this blog in 3 minutes -If you’ve got suggestions for ‘Here’s one I tried earlier’, please email Well-Being@novaeducationtrust.net  |  |
| 1. Keeping on top of your ‘well-being’
2. Information, guidance and updates
3. Support
4. Activities and resources
5. ‘Here’s one I tried earlier’
 |

