

BISHOP HEBER HIGH SCHOOL

RESPECT · OPPORTUNITY · ACHIEVEMENT

17th April 2020

Dear Parents,

I hope this email finds you well?

We have pulled together some Mental Health resources that are available to families in Cheshire, Shropshire and Wrexham that you may find useful.

Cheshire (covers both Cheshire West and Cheshire East):

<https://www.cheshireccg.nhs.uk/news/news-stories/new-covid-19-helpline-goes-live-to-support-people-s-mental-health/>

Open 24/7 for people of all ages. Operated by local NHS staff who can connect people experiencing mental health issues with local support. Tel: **0300 303 3972**

In addition, Cheshire Police have been promoting the Open The Door campaign re: Domestic Abuse during Lockdown:

<https://www.cheshire-live.co.uk/news/chester-cheshire-news/police-launch-domestic-abuse-campaign-18068968>

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

Shropshire:

https://newsroom.shropshire.gov.uk/2020/04/coronavirus-mental-health/?fbclid=IwAR0iZx4yGsNBFB2eP5mdr9_xqGQxGFq4dg_Om0d92MbXIXXcTpbCfdHYEds

This page has a download link with information on coping with Lockdown (see attached document). Most of the organisations listed are national so these may be useful to families in Cheshire and Wrexham too.

Midlands Partnership NHS Foundation Trust

<https://www.mpft.nhs.uk/emergency-help>

24/7 urgent NHS mental health service providing telephone support, advice and triage. If you live in Shropshire and Telford and Wrekin Tel: **0300 124 0365**

Wrexham:

https://www.wrexham.gov.uk/english/council/social_services/emergency_duty_team.htm

<https://bcuhb.nhs.wales/health-information-advice/covid-19-patient-advice/covid-19-and-your-mental-wellbeing/>

Regards

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