

Date: November 2020

**Bootle School Health Team**

Bootle Health Centre  
Park Street  
Liverpool L20 3RF.

**Tel: 0151 247 6010**

Dear Parent/Carer,

School Health is aware that the last eight months have been difficult for us all and particularly our children and young people. We have noted a significant rise in contact from parents regarding the emotional health and well-being of their children so we have put together the following list of websites you may find useful:

**Health for Kids**

<https://www.healthforkids.co.uk/>

**Childline (For parents/carers see NSPCC website)**

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

**Young Minds**

[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

**Kooth (online counselling for 11-19 year olds)**

[www.kooth.com](http://www.kooth.com)

**CAMHS Crisis Line - open 24 hours a day 7 days a week, parents or young people can phone for advice**

0151 293 3577

If you wish to speak to a member of the school health team please contact them on Tel 0151 247 6010 or alternatively by email [nwbh.bootle0-19@nhs.net](mailto:nwbh.bootle0-19@nhs.net)

**Yours Sincerely**

**School Health Team**