North Sefton School Health Team

Hampton Road Clinic

156 Hampton Road

Southport

PR8 5DJ

Tel: 0151 247 6354

Email: mcn-tr.hampton0-19@nhs.net

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Dear Parents/ Carers

Following the recent unexpected death of a pupil who attended a local high school we understand that this may have had an emotional impact on your child and raised some unexpected questions for them. Death can be difficult for us to understand, especially when it is sudden. Many of us may be confronted with a variety of emotions which might include shock, sadness, and confusion.

We wanted to remind you that the School Health Team is available to offer support and advice if you have any concerns regarding your child. There is a duty School Nurse available Monday to Friday 9am-5pm (excluding bank holidays). They can be contacted on: **0151 247 6354**; If they are unavailable, please leave a message including your child’s name, date of birth, school attended and your contact number and someone will return your call. Alternatively, you can email the team email address on: mcn-tr.hampton0-19@nhs.net

If you have any emotional health concerns regarding your child you can contact the CAMHS crisis line number on: **0151 293 3577** which is available 24 hours a day, 7 days a week. Alternatively you can access further information from their website: seftonliverpoolcamhs.com

We have enclosed some website links/ helpline numbers that you may find useful in helping you to answer any questions that your child may have.

**Bullybusters**

Website: [www.bullybusters.org.uk](http://www.bullybusters.org.uk) Helpline: 0800 169 6928

**Child Bereavement UK**

Website: [www.childbereavementuk.org](http://www.childbereavementuk.org) Helpline: [0800 02 888 40](tel:+448000288840)

**Kooth** (online counselling)

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

**Papyrus** (information, advice and support to help reduce young suicide)

[www.papyrus-uk.org](http://www.papyrus-uk.org) Helpline: 0800 068 41 41

**Young Minds** (advice and support for young people, parents and professionals)

[www.youngminds.org.uk](http://www.youngminds.org.uk/) Helpline: 08088025544

Free crisis support 24/7 for young people: textYM to 85258

**Winston’s Wish** (child bereavement charity)

Website: [www.winstonswish.org](http://www.winstonswish.org) Helpline: 08088 020 021

We will be offering some virtual drop-in sessions during the school holidays where you or your child will have the opportunity to speak with a school nurse via video link (details of these are provided in the attached flyer). We hope you find this information useful and please do not hesitate to contact us if you or your child would like any further support.

Yours sincerely

The School Health Team