



9th February 2024

Dear Parents & Carers

We all have the potential to either experience some form of mental health challenge or may need to support someone we know who is suffering from some form of anxiety or distress.

Whether it is a loved one, work colleague or someone within our local community, mental health can be a difficult subject to broach.

Therefore, it is essential that we break this stigma and share as many resources as possible with our community to support their unique needs and help everyone cope with today's challenges. Together we are stronger and better able to set positive examples to the next generation that everyone matters and should feel listened to and supported. No one should feel alone with their health challenges and worries.

Over the past week in Marshland, mental health has been discussed in assemblies. We are currently introducing 'Well-being Ambassadors' who have received training and will shortly be working to support their peers, in partnership with our school counsellor, Lucy.

We are aware waiting lists are long, so we are focusing on the small things we can do to make a change. There is no one way or fix to support our uniqueness so here are a variety of resources to support wellbeing in general for all ages and hopefully there is something to help everyone.

- [Norfolk based Mental Health support and advice](#)
- [Wellbeing Norfolk & Waveney - Online Workshops](#)
- [Cambridgeshire based 'Keep Your Head'](#) and [Be Well Cambridgeshire](#)

The next links are all the NHS supports including the 24-hr helpline, but I have included all parts of it for ease of reference and different options of online or phone support.

- [Mental health services - NHS](#)
- [Find a local NHS urgent mental health helpline in England](#)

The links below refer to either national or local additional support for all the family.

- [Mental wellbeing - Mind](#)
- [Parental Emotional Health](#)
- [Early Childhood and Family Service \(ECFS\) - Norfolk County Council](#) and [Cambridgeshire Early Help](#)

The following online Action for Happiness is a good website with lovely webinars to watch either for free, or by donation, to support many forms of wellbeing.

- [Action for Happiness](#)

If you want to chat to someone face to face you can visit the Steam House Café in King's Lynn who can also support you with referrals and housing difficulties.

- [King's Lynn - Steam House Cafe](#)



West Walton, Wisbech, Cambridgeshire, PE14 7HA
Telephone 01945 584146
Email office@marshlandhigh.co.uk
Company Registration Number: 07546118

Headteacher: Mr C Jansen BA(Hons)
www.marshlandhigh.co.uk
Follow us on Twitter @MarshlandHS



Finally, some useful chat lines/digital health options for those who prefer not to chat directly to someone, but use texting or tracking for support, or to monitor how they are feeling.

- [Samaritans Self-Help App](#)
- 10 years to 25 years [Kooth](#)
- Adults' app [Qwell](#)

I sincerely hope that by all of us all reaching out to each other we can improve everyone's mental health and make the world a happier place to share.

Finally, don't forget students and parents are able to email safe@marshlandhigh.co.uk if they would like any additional help.

Take care and thank you for your support.

Mr J Crawley

Deputy Headteacher