



In Partnership to Educate, Nurture & Empower

Abbey Grange C of E Academy

Butcher Hill
Leeds
LS16 5EA

Tel: 0113 275 7877

Fax: 0113 2754784

Website: www.abbeygrangeacademy.co.uk

Email: info@abbeygrangeacademy.co.uk

Co-CEO: Ms Catherine Garrett

Co-CEO: Mrs Helen Pratten

Principal: Mr Jon Norden

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Dear Parent/Carer

Although we hope as always that you are all safe and well we know many of our community are struggling with the ongoing school closures and changes in our day to day life. We're pleased to say we have been receiving more and more sources of support for young people to share with you, so there are additional places to seek the help and advice you may need.

Firstly, there is an organisation called Teen Connect which can offer emotional support for those between 13 and 18 years old. This can be offered over the phone or through online chat, and they are contactable between 6pm and 2am daily. The contact details are:

- By calling **0808 800 1212** – if a member of staff can't pick up, leave a voice message and someone will call you back as soon as they can
- By texting **0771 566 1559** - a member of staff will let you know when someone will be available to call or chat online with you.
- By visiting their website at <https://www.lslcs.org.uk/services/connect-helpline/teen-connect>

Also, Childline has counsellors available between 9am and midnight every day of the week. Children can contact Childline on 0800 1111 to speak to a counsellor about anything that they have on their mind, or have a 1-2-1 chat with a counsellor online at <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>.

In addition, The Market Place is offering a telephone support service for anyone aged 11-25. This service runs every day of the week between 12pm and 6pm, during which trained staff can offer 30 minutes of support over the phone. Telephone appointments can be booked online one day in advance at <https://www.themarketplaceleeds.org.uk/> or teens can telephone 0113 246 1659 between 11.30am and 5pm to try to arrange a same day appointment. Please note that it may not always be possible to have a same day appointment, and therefore booking online the day prior is preferred.

Lastly, Kooth is an online emotional wellbeing platform for anyone aged 10-18 to chat 1-2-1 with counsellors. Teens can connect with the counsellors at Kooth by visiting their website at <https://www.kooth.com/>.

Yours faithfully

M Dixon

Mr M Dixon
Assistant Principal

