

Hi everyone

I just wanted to share these links with you - they are all websites that provide support for mental health and they are particularly geared to families trying to navigate through lockdown and all of the challenges that it brings. It definitely feels like a lot of us have hit a bit of a 'dip' but I do hope that once we feel the change in the seasons and the approach of spring, our spirits will lift.

In the meantime remember 'it's ok to not be ok'. I know I've had to tell myself this a few times this week - I am definitely pining for a return to the school we know and love full of children!

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

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

<https://hampshirecamhs.nhs.uk/help/parents-carers/>

<https://youngminds.org.uk/find-help/for-parents/>

With love from

Jacky