

Dear Parents/Carers/Students,

I trust this letter finds you safe and well. As we move into week 2 of school closure, during this challenging time, Place2Be will continue to support the students and parents of The Langley Academy. There are three organisations Place2Be have partnered with to further support the mental health and emotional well-being of the children and young people in schools. These are, Think Ninja, Kooth, and Shout.

1. ThinkNinja: is an app based services, being offered free of charge during this time to Place2Be partner school students (aged 10-18 years). The app is guided by a 'WiseNinja', which is an automated virtual assistant, built on artificial intelligence and replication a clinical psychologist. The app provides psycho-education on mental health and emotional well-being along with coaching tips for staying well and handling distress. <https://www.healios.org.uk/services/thinkninja1>
2. Kooth: an online service which offers online counselling and well-being support. Young people (10-18) can sign up themselves with no referral needed. The service offers a range of therapeutic tools and activities. It is open 365 days a year, currently from 12-10pm weekdays and 6-10 weekends (they are currently reviewing their opening hours). This is an anonymous service, everything is pre-moderated and confidential. No personal details or real names are gathered. All the counsellors are trained, qualified and experienced working with young people. A specific drop down menu has been developed for Place2Be so please click on this as you sign up. <https://www.kooth.com>
3. Shout: is a 24-hour crisis text service which Place2Be have been working with for over eighteen months. This service is primarily aimed for students aged 10 years plus and is delivered by a team of crisis volunteers. To use this, place text P2B to 85258. <https://www.giveusashout.org>
4. In addition, children and young people can access support from Young Minds. They are UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. They campaign, research and influence policy and practice. More information is available on their website: <https://youngminds.org.uk/>

Place2Be and The Langley Academy hope this information and services will be helpful to you during this time and wish you all a positive safe and healthy week ahead.

Yours Sincerely,

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Place2Be

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