



We'll get through this.  
Together.

Dear Parents/Carers,

Being a parent/carer is a hard job and you are all doing fantastic – remember this. Nobody is perfect and we all need some support when times get uncertain or hard to deal with.

Just now, with the added concerns of the current situation, it can have an effect on your wellbeing and your overall mental health.

We are signposting some useful resources that are out there and please also remember your GP is still very much available and is there to listen and offer advice and support.

There are great mental health strategies and supports on <https://www.mind.org.uk/>

It's good to talk – if you have someone to talk to then please do. Talking about how you feel is the first step to feeling better.

All school staff are available to chat to if you feel you need a wee natter or to help you source further support.

#### CONTACT US

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It's okay  
not to be  
okay.



## USEFUL HELPLINES

### **Breathing Space**

A free, confidential phone and web based service for people in **Scotland** experiencing low mood, depression or anxiety.  
0800 83 85 87

<https://breathingspace.scot/>

### **Samaritans**

Support and advice for those dealing with mental health problems and those in need of urgent help. They offer a free phone helpline – call 116 123 anytime.

<https://www.samaritans.org/scotland/samaritans-in-scotland/>

### **Mental Health Foundation Scotland**

Tips and advice on coping with mental health problems during the Coronavirus outbreak.

<https://www.mentalhealth.org.uk/coronavirus>

### **SeeMe Scotland**

National signposting directory for mental health problems and links to how to reach out for urgent help.

<https://www.seemescotland.org/urgent-help/>

### **SAMH**

Expert advice for people dealing with mental health problems and links to further support helplines.

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

### **NSPCC Scotland**

Help and advice for parents/families dealing with mental health problems in everyday life.

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

### **Parent Club Scotland**

Hints, tips, advice and coping strategies for parents.

<https://www.parentclub.scot/>

### **NHS Mental Health Support**

List of further, more specified support services linked to mental health concerns.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>