



JMM/hst

20 July 2026

Dear Parents and Carers

Please find below information and links to a range of sources of help which you or your young person may need over the summer break.

For quick access to mental health and wellbeing support available, please click on the link below

[UPDATED Quick access mental wellbeing resource for parents and carers over the summer holidays 2026.pdf](#)

[ChatHealth](#) - ChatHealth is a confidential text support service for parents, carers, families and young people in Hampshire manned by Hampshire and Isle of Wight NHS Foundation Trust Health Visitors and Public Health Nurses (school nurses).

There are three ChatHealth services offering advice and can signpost to appropriate services for:

- **Parents and carers of children under 5** - Please text the Health visitors on **07520 615720**.
- **For ChatHealth 5-19** - Please text the Public Health Nursing Team on **07507 332417**
- **For Young People aged 11-19** - Please text **07507 332160**.

Their opening times are 8.30am - 4.30pm Monday-Friday (ChatHealth 0-5 is 9:00am-4:00pm) exc. bank holidays. Out-of-hours texts will be replied to within one working day. **For urgent medical enquires, please call 999 or 111.**

[Hampshire Family Information and Services Hub](#) (FISH) - Find information about what is going on in your area, details on how to access services, organisations and activities in Hampshire, and the advice and support that is available.

[The Royal Life Saving Society](#) (RLSS UK) -The RLSS UK offers lots of advice and tips to stay safe in the water during the summer.

I hope the above information is useful. A copy of this email and the linked resource will also be placed on the school website for reference. If any concerns do arise during the holidays which you wish to share with us, please can you contact your child's tutor on their return at the start of the new term in September.

Kind regards and best wishes for a safe and enjoyable summer holidays.

Mrs J McMaster

Assistant Headteacher- Designated Safeguarding Lead (DSL)



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