



Private & Confidential

**Kent Educational
Psychology Service**

Room 2.42
Sessions House
County Hall
MAIDSTONE
ME14 1XQ

Email contact:

kepscommunitysupport@kent.gov.uk

May 2020

Dear parents/carers,

Due to school closures relating to the coronavirus, for a limited period of time Kent Educational Psychology Service are offering free consultations via video/phone call for 30 minutes, where parents/carers can talk to an educational psychologist. The aim of this service is to provide advice and guidance to support children's wellbeing and learning during the time of school closures.

Topics or areas that you may wish to discuss could include:

- Anxiety around the current situation and its impact on your children and family.
- Supporting your children's emotional needs.
- Concerns about family relationships.
- Concerns about friendships, learning, daily structure and sleep routines.
- How you can best look after yourself to support your children.
- Preparing for the transition back to school.

If you would like to make use of this service, please contact:

kepscommunitysupport@kent.gov.uk.

When you e-mail, please give:

- your name;
- phone number;
- the time of day that would be most convenient to be called back (i.e. morning, afternoon, early evening);
- a brief description of what you wish to discuss.

We will do our best to respond within two working days but this may be subject to availability.

You may also find the following organisations helpful at this time:

- **Contact-** Free helpline and website for families
0808 808 3555 contact.org.uk

- **Mind UK**- Charity supporting mental health
Mind.org.uk
- **Family Action**- Free helpline for families
0808 802 6666
- **Kooth**- Counselling app for young people
- **The Samaritans**
116 123
- **Young minds parent helpline**
0808 802 5544
- **National Autistic Helpline**
0808 800 4104 www.autism.org.uk

Best Wishes
Kent Educational Psychology Service