**Private & Confidential**

**Kent Educational Psychology Service**
Room 2.42
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MAIDSTONE
ME14 1XQ

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);
- your child's education phase e.g. early years, primary school, secondary school;
- 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

**Data Protection**

We will keep any email correspondence until schools are fully reopened or until the end of August 2020, whichever is the soonest, so that we can maintain contact with you during this time. After this time all personal data will be deleted. In addition we will keep information on the type of concerns raised by parents and our response to them on an anonymised spreadsheet. Please see the Kent Privacy Policy for further details about our data protection policies (https://www.kent.gov.uk/about-the-council/about-the-website/privacy-statement).

Best Wishes
Kent Educational Psychology Service