

Tuesday, 2nd March 2021

Dear Parents and carers

Supporting Children, Young People and Families emotional wellbeing and mental health on their return to education

The [Essex Wellbeing Service](#) are here to help and support pupils and their families emotional wellbeing and mental health needs on the return to education, on the 8th March. Please click on the link to access the [Essex Wellbeing Service](#) or, phone this number: 0300 303 9988.

Recovery and Return to Educational Settings suite of resources, has two further webinars for families. You will find some helpful advice and information, by clicking on the links below:

- Part 1: [Looking after yourself](#) (28mins)
- Part 2: [Looking after your family](#) (39mins)
- Essex Local Offer: [Coronavirus support wellbeing and mental health](#)

The Essential Living Fund is available for families who need emergency help with heating, water, food, bills and other essential household items. Families can call 0300 7900 124 (8:45am-5:00pm). www.southend.gov.uk/ELFforessex

I do hope you find this information useful.

Kind regards

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