



Nightingale Primary School

Blackbird Road, Eastleigh, Hampshire SO50 9JW

Telephone: (023) 8061 3588

Email: adminoffice@nightingale.hants.sch.uk

Headteacher: Mrs Hannah Beckett

2 November 2021

Support for Young People's Mental Health

Dear parents,

PAPYRUS is the national charity dedicated to the prevention of suicide in young people. They have recently collaborated with a BAFTA-award winning animation studio to create a video called Sinking Feeling.

The video tackles the heart-breaking reality that many children and young people are suffering in silence without the vital help and support they need.

You can find the video here: <https://www.papyrus-uk.org/sinking-feeling-animation-launch/>

If you are having thoughts of suicide or are concerned for a young person who might be you can contact [HOPELINEUK](https://www.hopelineuk.org) for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860 039 967

Email: pat@papyrus-uk.org

Yours faithfully

Hayley Sharp
Welfare Leader & DDSL