

Talk to a friend or family member you trust face to face. Talking about your problems helps you to see them in a different way. It also means that problems are not “bottled up” until they become unbearable. Taking care of your own mental health is just as important as taking care of your child’s

Talk to your child’s teacher, Assistant Head Teacher, someone in the Children’s Centre, a member of the Safeguarding Team, or Mr Benoit. We are always here to help you find the support you need.

Do you have a worry?
No matter how big or small, there is always someone here to listen.

You can contact us by:
Telephone - 0208 548 5620
Email: admin@plaistow.newham.sch.uk

The following organisations can offer support if you are concerned about your or someone else’s child’s mental health:

<https://safeguarding.network/>

<https://www.nspcc.org.uk/>

<https://parentzone.org.uk/>

These website have a range of contacts who can offer support and guidance



If you need urgent help or support you can call anytime:

National Domestic Abuse Helpline
Phone: 0808 2000 247

Newham’s Covid Helpline offers a wide range of support covidhelp@community-links.org
If you are in immediate danger call: **Police** - 999