



Easter Emotional Wellbeing Newsletter 2026



Happy Easter!

We hope you're having a wonderful spring! This newsletter is full of tips, ideas, and resources to help support your child's wellbeing at home and at school.

Chat & Connect

Ask your child about their feelings. Even a quick "How was your day?" can make a huge difference.

Taste of Spring!

Spring's fresh flavors are perfect for sharing with friends and family.

- Don't forget to visit the local farmers market for the freshest ingredients.
- Let's enjoy the delicious tastes of the season together!

Spring into Fun!

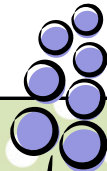
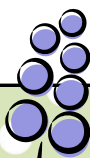
- Move Together: A short walk, bike ride, or even dancing to music can boost mood and focus.
- Eat Well, Feel Well: Involve your child in making colorful, healthy snacks—turn it into a fun activity!

Supporting Someone Else

If you're worried about a child or young person, check in with them, listen, and offer guidance. Sharing these resources can make a real difference.

EASTER FUN

EGG HUNT



Support Services for Young People

The holiday period can be particularly stressful, so it's vital to know what support is available. Here are local and national services for young people and families:

National & Online Support

Service Access Notes

YoungMinds

or Text: YM to 85258 24/7 mental health support;

Parent helpline: 0808 802 5544

Everything-OK

Wide range of local support

The Mix

or 0808 808 4994 Support for under-25s for any issue

Samaritans

or 116 123 24/7 emotional support

Childline

or 0800 1111 1-to-1 counselling and online chat

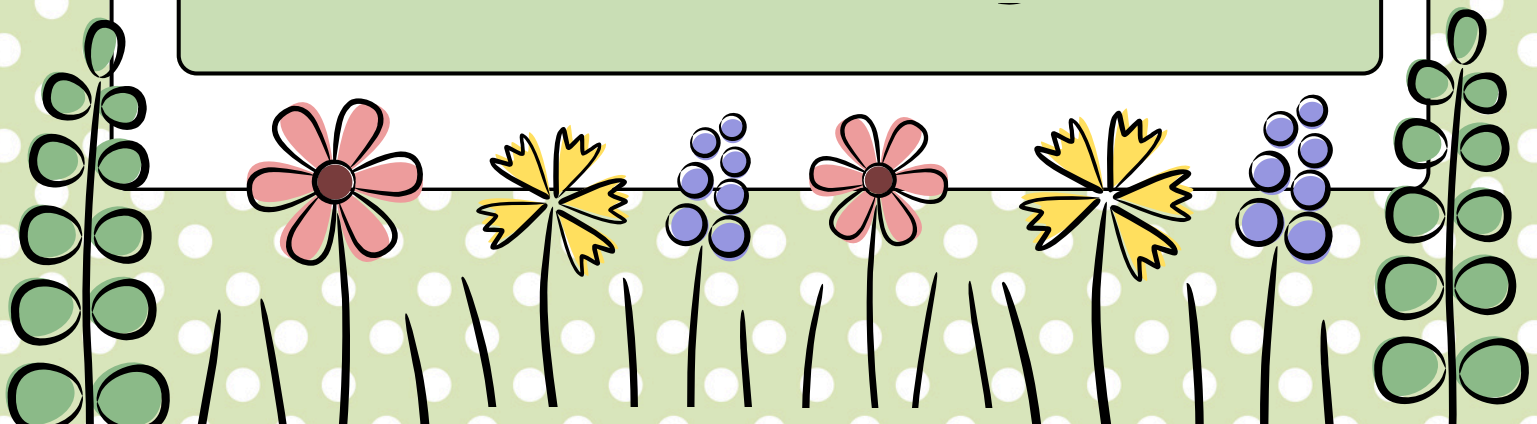
Winston's Wish – Talk Grief

Support for teens and young adults who have experienced bereavement

NHS 111 – Option 2 Call 111 Free urgent mental health support

Young people can also talk directly to a CAMHS professional for additional support.

Emergency: If there is immediate danger, please dial 999.



How You Feel Matters

Getting support in Central Bedfordshire

IT IS IMPORTANT TO TALK: Try talking to the school/college mental health support, a counsellor, doctor, friend, family or another trusted adult.
IF SOMEONE TALKS TO YOU: Help them get help and get support yourself if you need it.

Central Bedfordshire

Need some information?

How do you get help?

Everything OK?

Everything OK is a website designed to help you find the help and support you need when you've got questions about your thoughts or feelings.

www.everything-ok.co.uk

CHAT HEALTH

Advice for young people to confidentially ask for help on a range of issues.

Ask to a school nurse chathealth.nhs.uk TEXT: 07507 331 450

School Nursing Service

Providing support on a range of issues, 1-1 virtually or in school.

lutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service
TEL: 0300 555 0806

SHOUT
Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. www.shout.org
TEXT: SHOUT to 85258

BEDFORD OPEN DOOR

Free, confidential counselling for young people aged 13 to 25.
www.bedfordopendoor.org.uk
TEL: 01234 350388

SORTED

Free, confidential counselling for children and young people aged 5 to 25. www.sortedbedfordshire.org.uk
TEL: 01525 591425

RELATE

Free, confidential counselling for children, young people, couples and families. www.relate.org.uk
TEL: 01234 350350

CHUMS

Mental health and emotional wellbeing service for children and young people. chums.uk.com
TEL: 01525 863904

SAMARITANS

If you want someone to talk to, they listen, do not judge and do not tell you what to do.
www.samaritans.org/how-we-can-help/contact-samaritan/
TEL: 116123

Do you need urgent support?

Need more help?

Call 111 Option 2 - 24/7

A free helpline for people of all ages who need urgent mental health support. Young people can talk to a CAMHS professional directly who can arrange additional support.

IN AN EMERGENCY, DIAL 999

CAMHS - Emotional & Behavioural Team

Provide assessments, support and treatment for children and young people up to the age of 18

NORTH BEDFORDSHIRE CAMHS

www.eift.nhs.uk/services/north-bedfordshire-camhs
TEL: 01234 893301

SOUTH BEDFORDSHIRE / LUTON CAMHS

www.eift.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs
TEL: 01525 638613

Primary Care Access Service PCAS

You can also access support via PCAS; ask your GP to refer you to the Primary Care Access Service for mental health support.

Feb 25



Well-Being and Pastoral Support

At Tithe Farm Primary we are committed to supporting the emotional health and well-being of all our pupils, parents and staff. We understand that everyone experiences...

🌱 Tithe Farm Primary School /

H A P P Y E A S T E R

