



Dartford
SCIENCE & TECHNOLOGY COLLEGE

Principal: Mrs Anne Davis

Tel: 01322 224309
Fax: 01322 222445
Email: office@dstc.kent.sch.uk
www.dstc.kent.sch.uk

Heath Lane
Dartford
Kent
DA1 2LY

Dear Post 16 students and parents,

Wellbeing support for students aged 16+

As we have entered a second lockdown period, I wanted to bring to your attention services that you may find useful that are specially aimed at post 16 students. Everyone deals with keeping mentally and physically healthy in different ways and it is important to note there is not a 'right' way to deal with the current global situation. It is impacting young people in many different ways.

If you are concerned about your daughter / son in any way, then please do contact the Post 16 Pastoral Leader, Mrs Harvey by emailing esther.harvey@dstc.kent.sch.uk. The resources below are aimed at students aged 16+. Please take the opportunity to explore these with your daughter / son.

The NHS are offering support in a number of ways:

- **Togetherall** - <https://togetherall.com/en-gb/> This is in response to the current pandemic using government funding and promoted through the NHS. Togetherall is a multi-award winning digital mental health and wellbeing service, offering safe, anonymous online support available 24/7. It offers a range of therapeutic pathways, including peer and professional support and creative self-expression.
- **NHS and Mind** working together in North Kent: <https://northkentmind.co.uk/talking-therapies-iapt/> / NHSreferrals@northkentmind.co.uk - Please see attached leaflet.
- **NHS Track and Trace** App: <https://covid19.nhs.uk/>

Thank you for your ongoing support. It is greatly appreciated.

Best wishes,

Mrs Deborah Ellis
Vice Principal
Designated Safeguarding Lead
Dartford Science and Technology College

