

Parental Support

At Laleham Gap School we want to be able to support all of our children and parents as much as possible during these difficult times. We understand that anxieties will be heightened and the lack of routine and structure can be very challenging for all involved. Below are some links that you may find useful to gain support from. They focus on anxiety, mental health, stress and many more complex issues.



Parental hotline - 0808 802 5544

<https://youngminds.org.uk/> Young

Minds focus on students struggling with anxiety



Infoline - 0300 123 3393

Email - info@mind.org.uk

Text - 86463

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



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

Action for children has a free online chat for parent support regarding mental health concerns over Covid19.



Hotline - 0808 800 2222

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

A national family support charity providing help and support to families who are struggling.

Please keep checking the school website for updates on the latest government information regarding Corona Virus.

There are links to books available on the Laleham-Gap website for understanding Corona Virus for children.

If you or your children are struggling, please do get in contact with us. You can contact your child's Form Tutor (Secondary pupils) / Class Teacher (Primary pupils) in the first instance who should be able to support or if required, please email your concern to: secretary@laleham-gap.kent.sch.uk