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**CEO:** Mrs L Whitehouse  
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Wednesday 10<sup>th</sup> February 2021

Dear parents,

**A message from Warwickshire Local Authority**

*As national lockdown is likely to continue for a number of weeks, we want to remind you of the services and support that are available to you that will keep you and your children safe during this time.*

*Looking after your wellbeing is always important, but with the current circumstances, it has never been more so.*

*The website <http://dearlife.org.uk/> has been created by health and social care partners across Coventry and Warwickshire to help people find the tools to maintain and improve their wellbeing and the wellbeing of others. It offers a wealth of information about where to get help in a crisis, advice on how to maintain good mental health, how to help others in need and comprehensive signposting to support.*

*It may be difficult to know if your child is feeling anxious or upset and how they may deal with these feelings so please take opportunities to talk to them, reassure them if you can and show them that support that is available. If you are worried about how your child may be coping and what they may do keep household items like medicine, chemicals and sharp objects out of sight and locked away to avoid any risk of self-harm.*

*With the current situation, young people are spending a lot more time online. They often use the internet in a completely different way to older generations, so it's hard not to worry about what they may have access to. To keep young people safe online giving you some peace of mind: <https://www.warwickshire.gov.uk/keeping-child-safe/cyber-safety/1>*

*Safe in Warwickshire was developed to help people find advice and support on subjects like substance misuse, cyber crime and exploitation. If you are worried about your child, visit <https://safeinwarwickshire.com/>*

*Did you know Warwickshire County Council has its own service dedicated to helping families? The Family Information Service provides support and advice for families across Warwickshire: <https://www.warwickshire.gov.uk/children-families>. If you have specific concerns you can also call the family support line on 01926 412412.*

Take care and stay safe,

Mrs G Bowser