16th November 2026

**Dear Parents, Carers, Families and Colleagues**

Earlier this month, we contacted you in relation to the tragic deaths of two young people from our local community and our thoughts continue to be with the families, friends and school communities affected by these heartbreaking events.

We recognise that news such as this can be upsetting for children, young people and adults alike and we're working closely as partner agencies to provide specialist support to anyone who may be impacted.

Following this tragic news, we are aware that some parents have established informal support groups for children affected. While we recognise that these have been created with the very best intentions, we would urge families to make use of the specialist support services available, these include:

**Samaritans**

A free, confidential listening service available 24 hours a day for anyone experiencing emotional distress or who is concerned about someone else.

- Call **116 123** (free from any phone)
- Website: https://www.samaritans.org
    - Talking to your child about self-harm and suicide content online | Online Safety Resources | Samaritans
    - If you're worried about someone else | Samaritans

**Headz Up Halton**

An informal drop-in service for young people up to 18 years old, parents and carers. Families can speak directly with a mental health professional for advice, assessment and signposting.

- Tuesdays, 2.30pm to 4.30pm at Brookvale Children's Centre, Runcorn
- Thursdays, 2.30pm to 4.30pm at Warrington Road Children's Centre, Widnes

**Halton Mental Health Information Point**

Information about local and national mental health and wellbeing services is available through Halton Borough Council's Mental Health Information Point. The resource brings together information, advice and support services for children, young people, families and adults.
**Website:** https://www.halton.gov.uk/keeping-safe-healthy/public-health/health-improvement-team/live-well/ment…

**Soluna by Kooth**

Municipal Building, Kingsway, Widnes, Cheshire WA8 7QF
Telephone: 0303 333 4300
www.halton.gov.uk

A free, confidential mental health and wellbeing service for young people aged 11 and over.
Young people can access:

- One-to-one text chat support with qualified practitioners
- Self-help tools and resources
- Advice and support every day until 10pm, including weekends

**Website:** https://www.kooth.com

**Child Bereavement UK**

Provides a wide range of resources, advice, and videos for children, families, and professionals, including:

- Support following a sudden death
- Remembering someone who has died
- Returning to school after a bereavement
- Guidance for teachers supporting bereaved pupils
- Supporting a bereaved young person

**Website:** https://www.childbereavementuk.org

**Butterflies Bereavement Service**

Offers counselling and emotional support following bereavement.
**Website:** https://listening-ear.co.uk/butterflies/

**Warrington & Halton Support Hub**

Providing face-to-face crisis support for adults:
**Runcorn: St Michael and All Angels Church, Greenway Road, Runcorn WA7 5BS (Thursday, 6pm-midnight)**
**Widnes: St Paul's Church, Victoria Square, Widnes WA8 7QU (Tuesday, 6pm-midnight)**
**Website: Warrington & Halton Support Hub Phone: 07816 269 727**

**In an emergency**
If you believe a child or young person is at immediate risk of harm, call **999**.
For urgent mental health support, contact **NHS 111** and select the mental health option, available 24 hours a day.

In addition, there are a wide range of support services available:

**Cheshire and Merseyside CYP Self-Harm Resource Hub**

The Cheshire and Merseyside CYP Self-Harm Resource Hub provides information, guidance and practical advice for young people, parents, carers and professionals. It includes guides for

parents and carers on supporting a child or young person who may be in crisis, advice on having supportive conversations, and links to a range of local and national support services.
**Website:** https://www.cheshireandmerseyside.nhs.uk/your-health/self-harm-professional-resource-hub/

**Martin Gallier Project**

The Martin Gallier Project offer an all-age suicide bereavement service across Cheshire & Merseyside, offering one to one practical and emotional support to anyone, of any age, who is impacted by suicide loss. This service is in partnership with Alfie's Squad (MGP being the lead). Martin Gallier Project can also offer in-school support for pupils and staff, this is a tailored whole school approach dependant on the needs of the school and MGP will work with the school to establish what this looks like for them. Some examples include year group awareness assemblies, holding peer support groups, one-to-one support.
**Website - https://www.themartingallierproject.org/**

**Mersey Care Webinars and Workbooks**
A webinar on Grief for parents, teachers and others
**Website**: Mersey Care NHS Foundation Trust

**Additional support**

We know that this continues to be a difficult time for many across our community. Supporting the emotional wellbeing of children and young people is something we all share responsibility for, whether as parents, carers, schools, services or community members.

By continuing to look out for one another, encouraging open conversations and seeking support when concerns arise, we can help ensure that every child and young person knows they are not alone.

Thank you for your continued support in looking after the wellbeing of our children and young people.

Yours sincerely,

Benjamin Holmes

Director of Education, Inclusion and Provision
Halton Borough Council