HALTON BOROUGH COUNCIL




**Date** 6th November 2026
**E-mail address** Benjamin.holmes@halton.gov.uk

Dear Parents, Carers and Families,

Many of you will be aware of recent events within our local community that have affected a number of children, young people, families and school communities.

Our thoughts are 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. Events of this nature can raise worries, prompt difficult conversations, and affect emotional wellbeing.

As we approach the weekend, we wanted to remind families of the support available and encourage parents and carers to check in with their children and young people.

It is important that we continue to look after one another and ensure that anyone who is struggling knows where to seek help.

**Supporting your child**
Children and young people can respond to distressing news in different ways. Some may wish to talk openly about how they are feeling, while others may become quieter, withdrawn or appear unaffected.

You can help by:

- Taking time to listen and talk openly with your child.
- Reassuring them that it is normal to experience a range of emotions.
- Encouraging them to speak to a trusted adult if they are worried about themselves or someone else.
- Being mindful of social media content and online discussions, which can sometimes increase anxiety or spread misinformation.
- Seeking support if you notice significant changes in your child's behaviour, mood, sleep or general wellbeing.

**If you are worried about a young person**
If you have concerns about your child's emotional wellbeing, support is available. Parents and carers who are worried about how to support a young person can also access advice and guidance through the services and resources listed below.

If you are concerned about your child, or about another young person, we would encourage you to seek advice early. You do not need to wait until concerns have become more serious before accessing support.

If at any point you believe a young person may be at risk of harm, please seek immediate help.

**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…

**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/find-the-right-service/children-and-young-peop…

**Soluna by Kooth**
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.solunaapp.com

**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.

**Additional support**

**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: Samaritans | Every life lost to suicide is a tragedy | Here to listen

**Papyrus HOPELINEUK**
A confidential support and advice service for children and young people under 35 experiencing thoughts of suicide, or for anyone concerned about a young person.

- Call 0800 068 4141

- Text 07860 039967
- Email pat@papyrus-uk.org
- Available 9am to midnight every day
- Website: https://www.papyrus-uk.org

We know that this has been a difficult week 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