**Bridgwater College Academy**
**Parkway**
**Bridgwater TA6 4QY**
(01278) 727327

office@bridgwatercollegeacademy.org
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**Headteacher of Primary**: Sarah Evans
**Interim Headteacher of Secondary**: Laura Campbell

2nd April 2026

Dear Parent/Carer,

As we approach the Easter break, we would like to remind you of the support available should you have any concerns regarding a child's welfare and safety.

The school safeguarding mailbox will be checked daily before 10am Monday-Friday, by school staff members

If you are worried about a child and believe that they may be at risk of harm, please contact Children's Social Care on **0300 123 2224**. In the event of an emergency or if a child is in immediate danger, please contact the police by calling **999**.

Further safeguarding information and support for parents, children and young people can be found through the links below:

**Young Minds**
Their mission "To stop young people's mental health reaching crisis point." Their vision "A world where no young person feels alone with their mental health."
https://youngminds.org.uk/

**Kooth**
You may wish to contact Kooth an online service providing counselling, guidance, monitored forums and resources.
Please direct the young person to www.kooth.com

**Safety plans**
If you are concerned about low mood, self-injury or suicidal ideation you can use the online safety plan below to guide a conversation with someone you are concerned about.
https://www.stayingsafe.net/node/7
You could suggest they download and use the "Staying alive" app which is recommended by CAMHs
3) CAMHs (Mental Health Support)
Single point of access
Tel: 0300 124 5012
CAMHSSPA@somersetft.nhs.uk

**Anxiety**

If you have concerns about a teen or young person suffering with anxiety, then you could suggest downloading MindShift CBT

**Other useful telephone numbers are:**

| | |
|---|---|
| **Childline** | 0800 1111 |
| **NSPCC helpline** | 08080050 |

We would like to take this opportunity to thank you for your continued support this term. We wish you a happy, safe Easter break.

Kind regards,

The Safeguarding Team