



Educational Psychologist Telephone Helpline for Parents and Carers

Running until October half-term

Do you as a parent or carer feel that you need someone to talk to about your child during the return to school phase?

Birmingham Educational Psychology Service is providing a telephone helpline for any parents or carers of children in Birmingham, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families.

Areas of concern you may wish to discuss could include:

- Supporting you to support your child as they return to school.
- Concerns around the impact of the school shut down, and the return to school, on your children and family.
- How best to look after yourself so you can support your children.

The concerns can be related to school or family life.

You will be offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow up session of another 30-minute consultation at a later date. These will be Monday-Friday, within standard working hours. The helpline will be running until Friday 23rd October 2020.

If you would like to access this service please email Kate.Smith@birmingham.gov.uk with the following information:

- Your name
- The telephone number you would like to be contacted on.
- The name of your child's school.
- Any times and dates you are **not** available for a consultation.
- Whether an interpreter is required for you to access this service.

We will aim to get back to you within 2 working days to confirm a time and date for your consultation.

This service will, **as far as possible**, be confidential.