



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL
Hazlehurst Drive, Aylesbury, Bucks. HP21 9TJ

Phone: 01296 421733

E-mail: office@williamharding.school

Website: www.williamhardingschool.co.uk

Head Teacher: Miss T Cotchin BA(Hons) PGCE NPQH



08 December 2022

Dear parents and carers,

Re: Samaritans new free helpline

We know that this time of year can be very hard for people for many different reasons including SAD (Seasonal Affective Disorder) due to the temperature and the short days. We also know that there are also many financial concerns at this time of year – even more so this year.

We have been alerted to a new free helpline set up by the Samaritans. The new freephone 116 123 number is now live. The charity launched the new 116 123 freephone number in a bid to make it possible for more people who may be struggling to cope to access the vital service. Calls to the 116 123 helpline number do not appear on phone bills.

The Samaritans said:

“Everyone has moments in their life where they struggle to cope and for some this can lead to feeling hopeless and losing sight of being able to work through their problems.

“We know that talking can really help people to see a way through and we would encourage anyone who is struggling to call Samaritans.

“We are here round the clock, every single day of the year, to listen and offer confidential support when things are getting to you.”

Please share these details with anyone who you feel would benefit from the support of the Samaritans.

Kind regards,

Mrs Skinner

Inclusion, Pastoral and Safeguarding Lead

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

