

Dear Parents

Sunday 10th October is World Mental Health day. World Mental Health day is a great opportunity to remind anyone who is struggling with their mental health, that they are not alone and together we can make a positive difference. Pupils will be discussing Mental Health in their classrooms during the week to recognise the importance of mental health and tackling the stigma.

If you would like more information or support with regards to improving wellbeing or mental health, feel free to contact myself or Leon our wellbeing lead. In addition, along with the letter I have attached a list of websites and helplines that may be useful.

Kind regards
Amutha
(Therapy lead)

	<p>Young Minds Parents Helpline</p> <p>https://youngminds.org.uk/find-help/for-parents/parents-helpline/ 0808 802 5544</p>
	<p>https://www.mind.org.uk</p> <p>Advice and Support to empower anyone experiencing a mental health problem.</p>
	<p>www.childline.org.uk/toolbox/calm-zone Childline has launched Calm Zone – an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad.</p>
	<p>www.kooth.com Kooth is a free, safe, anonymous and non-stigmatised way for young people to receive counselling, advice and support on-line. it provides a much needed out of hours service for advice and support.</p>
	<p>https://www.headspace.com Guide to everyday mindfulness</p>

Fern House School

	<p>https://www.anxietyuk.org.uk Charity providing support if you have been diagnosed with an anxiety condition.</p>
	<p>Phone: 0800 58 58 58 (daily, 5pm to midnight)</p> <p>Website: www.thecalmzone.net</p> <p>CALM is the Campaign Against Living Miserably, for men aged 15 to 35.</p>
	<p>Phone: 116 123 (free 24-hour helpline)</p> <p>Website: www.samaritans.org.uk</p>
	<p>https://giveusashout.org/</p> <p>Free text counselling service</p> <p>85258</p>