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Dear Parents/Carers and Families,



This coming Saturday is World Mental Health Day and we wanted to mark the occasion with a special letter focusing on mental health and wellbeing issues. This year has been a particularly tough one for anyone working in education and for children and young people. There is lots of support and advice available to look after the mental health and wellbeing of children and their families.

Public Health England Every Mind Matters campaign - Looking after a child or young person's mental health

Every Mind Matters have launched a new campaign, Better Health. Better Health provides awareness and advice to parents and carers of young people affected by the COVID-19 outbreak. It also provides support for young people directly affected by the virus.

Many young people and children have found staying at home, away from friends and school, particularly difficult. Most families have experienced upheaval in their daily lives during the pandemic. They may be finding returning to an educational setting challenging, or may have been facing family problems/ losses in the recent months, which is a lot to come to terms with. Children may be worrying about the virus, about catching and passing it on, or worrying about the uncertainty of the future. Every Mind Matters aims to help those who may be struggling and provide advice to those caring for children and young people whose mental health has been affected by COVID-19. Please see the important links and resources, tips and advice below from this campaign. The site is designed to help parents and carers spot the signs that children may be struggling with their mental health and support them, and also provides advice that can help maintain good mental wellbeing. <https://www.nhs.uk/oneyou/every-mind-matters/>

Please do not hesitate to contact us for any support or help you may need.

Yours sincerely,

Mrs. Katarina Bingham
Head of Centre