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Mental Health Week

Dear parents and carers,

This week is Mental Health Awareness Week and school would like to draw your attention to some useful information and resources that may be helpful for both adults and young people with regards to looking after their own mental health.

Mental Health Awareness Week offers us all a further opportunity to educate and discuss issues surrounding mental health and wellbeing. Throughout Mental Health Awareness Week we will be focussing even more on our mental health and how we can support ourselves and each other.

The Mental Health Foundation has announced the theme this year will be 'Anxiety', with the aim to increase awareness and understanding of anxiety, to provide information to help prevent it from becoming a problem and how to help if it does. To find out more about this please visit:

<https://www.mentalhealth.org.uk/campaigns/mental-healthawareness-week>

Online sessions for parents/carers:

Below are details of some online sessions run by the Mental Health in Schools teams (MHST), covering a variety of topics that may be of interest. Also attached is further information about these sessions and the QR Code to access them, along with an information leaflet from the Mental Health Foundation about coping with anxiety: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety>

	My Anxious child	Helping your child with exam stress	Psychoeducation around worry	My anxious child
	15 th May	16 th May	17 th May	18 th May
10am	Meeting ID: 351 559 492 624 Passcode: FJB9ML	Meeting ID: 357 382 124 664 Passcode: Gffhor	Meeting ID: 344 119 659 453 Passcode: AAHxf2	Meeting ID: 392 679 166 83 Passcode: 2AMV3b
				Psychoeducation around worry
6pm		Meeting ID: 319 471 423 371 Passcode: ne3K32		Meeting ID: 334 237 546 14 Passcode: cSnj7D

Further to this, the mental health charity; Mind are focussing on the impact of the cost-of-living crisis on mental health and have also produced some resources you may find useful: <https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/the-link-between-money-and-mental-health/>

Please see the wellbeing section on our school website where you can find information about support both in and outside of school: <https://www.ssmj.lancs.sch.uk/mental-health-wellbeing/>

Please do not hesitate to contact us if you have any concerns.

Thank you for your ongoing support with promoting this important issue with your children.

Yours sincerely,

Zoe Mabbott
Headteacher