

18 May 2020

Dear Parent/Guardian

### **Mental Health Awareness Week Commencing 18 May 2020**

As you may be aware this week is Mental Health Awareness Week.

Earlier in the academic year, students received an assembly on mental health, detailing what it is, how we can support good mental health and where to go for help.

During the closure of the school we still have a number of virtual services available to students to support good Mental Health these include:

- Weekly welfare calls from a member of the inclusion team
- Advice and information through the wellbeing google classroom (coux2my)
- Trained Mental Health First Aiders to guide you to the correct support
- School Counsellor, who is working remotely
- JAC Team support calls (Youth Workers)
- Educational Mental Health Practitioners, who provide support for those struggling with anxiety and low mood

For students who are struggling with their mental health it is often necessary for us to guide them and you to external professionals for support. We are aware of the national and local issues with regards to long waiting lists and are working closely with partner agencies to ensure that we have a breadth of support, in addition to the GP, that we can refer you to including:

- ARC and No 5 Counselling Services
- Children Adolescent Mental Health Services (CAMHS)
- ANDY Clinic – Anxiety and Depression
- PANDA – University of Reading Service for Panic Attacks
- Berkshire Eating Disorder Services

As Parents/Guardians, it is often difficult to know how to discuss mental health with your child, the Anna Freud foundation has provided an excellent leaflet which you may find useful to help guide conversations at home about mental health, which can be found here:

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-secondary-school/>

Should you have concerns about your child's mental health then please do not hesitate to get in contact to see how together, we can support them further.

Yours sincerely



Miss S Grindey  
Pastoral Support