



MAIDEN ERLEGH

SCHOOL

Headteacher: Mr P. Gibson

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Dear Parent/Guardian

Mental Health and Wellbeing Support Video

We remain very aware that our young people have been through a lot from an emotional perspective and their mental health and wellbeing is of great importance to us, just as it is to you. This video is designed to open up discussions about mental health with your young people, as well as to provide an overview about the different ways in which we are educating and encouraging them to maintain positive mental health, to develop resilience and the different strategies that can be used to support this.

Please find below the link to this 15 minute video:

<https://youtu.be/mEXn148MoNg>

Should you have any concerns about your child's mental health or wellbeing, please do contact the relevant Head of Year who will be able to discuss this further with you.

Yours sincerely

Mrs L Garner
Co Head of Year 12
Youth Mental Health First Aider