

10 October 2018

Dear Parent/Carer,

Today is World Mental Health Awareness day. **Our mental health is just like our physical health; everybody has it and we need to take care of it.** Mental health problems affect around one in four people in any given year. They range from common problems such as anxiety and depression, to rarer problems such as schizophrenia and bipolar disorder. Further information on mental health can be found at <https://www.mind.org.uk/get-involved/world-mental-health-day/>.

Adolescence is a time in a person's life where many changes and challenges occur such as changing schools, socialising with new people and exam pressures. This can be a time of stress and apprehension for many.

It is therefore important for us all to recognise the importance of helping young people build mental resilience and supporting them to cope with the challenges of today's world.

Much can be done to help build mental resilience from an early age to help prevent distress and illness among adolescents and young adults. Prevention begins with being aware of and understanding the early warning signs and symptoms of mental illness. Parents and teachers can help build life skills to help them cope with everyday challenges at home and at school as well as offering support.

#### **Where will I get help if I need it?**

It is very important to us that you enjoy your time at The Bewdley School, and that you feel safe and supported while you are here. There will be bespoke sessions such as the Managing Harm workshop that takes place on 24 October for Year 9 students, there are regular assemblies, the Values@Bewdley programme, weekly school nurse visits, pastoral mentors, anti-bullying ambassadors, and a network of staff who are trained to recognise and signpost you to help if you need it. You can talk discretely to a Student Support Manager or Head of Year at any time, you will see your form tutor every day, or you can choose to speak with a teacher you trust. We will help you to sort out any problem that is affecting you at school, whether it seems big or small.

#### **Recommended resources:**

Values@Bewdley Programme - <https://www.bewdley.worcs.sch.uk/learning-at-bewdley/pastoral-care/>

Teen Breathe – A magazine that promotes mental wellbeing and mindfulness. <https://www.teenbreathe.co.uk/>

Kooth- is an online counselling and emotional well-being platform for children and young people offering support and guidance. <https://kooth.com/>

Mood Juice  
<http://www.moodjuice.scot.nhs.uk/>

Children's Society  
<https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/stress>  
<https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/stress>

Young minds  
<https://youngminds.org.uk/>

We hope you find the above information useful, and as always please do not hesitate to contact us if you have any questions, queries or worries.

Yours sincerely,



**Mr D Chauhan – Deputy Head Teacher**