



Noel-Baker Academy
A L.E.A.D. Academy

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Dear Parents/Carers,

Re: Thursday 10th October: Mental Health Awareness Day

More children and young people than ever before are seeking help with their mental health, but **fewer than one in ten** find it easy to get the support they need. That is why on World Mental Health Day, Thursday 10th October, we are supporting **YoungMinds #HelloYellow** campaign to promote positive mental health and wellbeing.

YoungMinds provide a wealth of online resources and signposting services which are very useful, as well as being an advocate for giving young people a voice in decision making which shapes mental health services.

As part of the day we are looking forward to seeing our Noel-Baker staff wearing something yellow in support of YoungMinds. Children should wear their normal school uniform but will receive a yellow wristband to wear for the day. We are asking for a donation of £1.00 for the wristband and to go towards our chosen charity.

School assemblies will take place for each year group on the week commencing the 7th October which will have a focus on mental health but will also touch on the theme for World Mental Health Day this year: **suicide prevention**.

At Noel-Baker, we work hard to support the emotional, social and behavioural development of our young people through our PSHE programme. As part of the PSHE programme students will be receiving sessions on mental health and well-being for two weeks leading up to the 10th October.

As a parent if you are worried about a child or young person you can call YoungMinds free helpline for confidential, expert advice. The parents helpline is available to offer advice to parents and carers worried about a child or young person under 25. You can call the Parents Helpline for free Monday-Friday from 9.30am to 4pm on **0808 802 5544**. You can find out more about the work the charity does on their website <https://youngminds.org.uk/>.

If you would like to speak in confidence about a mental health issue affecting your child/family or have a suggestion on how the school could help, please contact Miss Mellis our school counsellor via the school reception.

If you have any concerns in relation to the information above please do not hesitate to contact us on 01332 572026.

Yours sincerely

Mrs Sarah Leach
Assistant Head/SENco

YOUNGMINDS

