



October 2019

Dear Parents/Carers

Re: Mental Health Awareness

As a follow up to Mental Health Awareness week last week, we are running a series of assemblies this week looking at mental health in teenagers. The assemblies are being led by the Sixth Form as a way of highlighting the non-uniform day next Friday to raise money for a local charity the Julius Foundation.

The Foundation has been set up in memory of a local man aged 19 Julius Little who took his own life last year. <https://www.facebook.com/thejuliuslittlefoundation/> The Julius Little Foundation is dedicated to raising money for young people with mental health issues.

As you are aware, Mental Health in young people is an important National issue and the assemblies will remind students of the importance of talking to people about issues they may have and seeking support when they need it.

If you have any concerns about a student's mental health please do contact the safeguarding team in school. In addition, there are a number of organisations that can help:-

- Young minds - <https://youngminds.org.uk/>
- Mind - <https://www.mind.org.uk/>
- FA Heads UP - <http://www.thefa.com/about-football-association/heads-up>
- Samaritans - <https://www.samaritans.org/>
- Rise above - <https://riseabove.org.uk/>
- ITV Get Britain Talking
- https://itv.campaignformentalwellness.com/?gclid=EAlaIqobChMIpY3Yv7yb5QIVxrTtCh04zgABEAAYASAAEgJj-PD_BwE
- Mental Health Foundation - <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>

Yours faithfully

Mr J Fletcher
Headteacher

