

Headteacher: Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

4th February 2021

Dear parents and carers,

Children's Mental Health Week 1st-7th February 2021

Continuing our focus on Children's Mental Health Week, and top tips for starting a conversation about mental health here are the next three tips in the series.

Please do not hesitate to get in contact with the school if you need any further support.

7. Link to other types of stigma and discrimination

Explain that just as other types of prejudice or discrimination (such as discrimination on the grounds of race, age, gender, sexual orientation or disability) are unacceptable, so is mental health stigma and discrimination. We can make a real difference by being open-minded and non-judgemental.

8. Show you're happy to talk and listen

Above all, let your child know that if they are worried about their own mental health – or the mental health of someone they know – they can come and talk to you about it and you will be there to support them.

9. Learn together

It's OK not to know or understand things. You could always suggest that it's something you can learn about together. The websites and organisations are great starting points. You will find information on these in the section on mental health week under student support, on our website.

If you require any further information, please feel free to email me at:

tracey.corbett-lees@e-act.org.uk

Kind regards,

Ms T Corbett Lees

Teacher of Maths and Mental Health Lead