

Dear Parents and Carers,

On Tuesday 10th October, it is World Mental Health Day. As part of Thornden's continued work surrounding young people's mental health and wellbeing, we will be recognising and supporting this day in school.

Britain's Get Talking and YoungMinds #HelloYellow are collaborating to help young people share the hardest subjects on their minds. #HelloYellow aims to raise awareness of young people's mental health and more importantly demonstrate to all young people with mental health issues that they are not alone.

As part of Thornden's participation to this, tutor time and assembly's week commencing 10th October will be focused on student mental health and wellbeing. We will provide tips for students to help manage any mental health issues they may be experiencing or experience in the future. Our school council will also be arranging 'Tea and Talk' activities for students to drop into during break and lunch times.

On **Tuesday 10th October**, we are encouraging students and staff to wear one item of yellow. Some examples could include:

- Socks
- Hair/head band
- T-shirt
- Badge

If you think your child is struggling with their mental health and wellbeing, you may wish to look at the following support, further details can be found on Thornden School website.

- Eastleigh Wellbeing Centre
- Solent Mind – Talking Therapy Service
- Mind – Havant and East Hants
- Charlie Waller Trust
- Kooth – online mental health and wellbeing support for young people in Hampshire

With very best wishes

Laura Kehoe
Assistant Headteacher