

5th May 2022

Dear Parent/Carer

Mental Health Awareness Week 9th May 2022

Mental Health Awareness Week begins on Monday 9 May and as usual we will again be raising the importance of mental health and wellbeing during our Learning 4 Life sessions and during tutor time. The theme for this year is “Loneliness” and we have sourced the following guide for parents / carers which mirrors much of the information we will be sharing and discussing with learners. [ENGLISH Loneliness Guide for Parents and Caregivers \(mentalhealth.org.uk\)](https://www.mentalhealth.org.uk/english-loneliness-guide-for-parents-and-caregivers).

Loneliness is something we can all experience from time to-time, throughout our lives, and will be unique to each individual. A YouGov poll (2020) of 13-19-year-olds, found: 69% said they felt alone “often” or “sometimes” in the last fortnight whilst 59% feel like they “often” or “sometimes” have no one to talk to. The pandemic has also played a huge part in the feeling of loneliness felt, not just by our learners, but by adults too.

If you are concerned that your child is suffering from loneliness, please contact the relevant Head of Year in the first instance. If you are struggling, the following websites offer online support and guidance however please feel free to call our Mental Health First Aiders for a listening ear!

[Information and support - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)
[Your mental health | Mental Health Foundation](https://www.mentalhealth.org.uk/)

Please don't hesitate to contact us if you need any further information.

Yours sincerely



Gloria Gold

Vice Principal – Personal Development