

2nd October 2025

Friday 10th October is World Mental Health Day!



Dear Parents and Carers,

We would like to invite staff and pupils to make World Mental Health Day that little bit brighter by wearing something **yellow** on Friday 10th October to help raise awareness and show children and young people they're not alone with their mental health.

Right now, the world is a really tough place for children and young people to grow up in. We want young people to know that they don't have to go through tough times alone. Things can get better.

If you'd like to know more about ways to support your child you can visit the official website here: [Young Minds: Parents](#)

If you have any other concerns about your child's emotional wellbeing, please do get in touch with the school and speak to your child's teacher.

Yours sincerely,

Helen Thomas

Therapeutic Lead

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If you need to speak urgently with a mental health professional, please call Mental Health Direct on: **0800 995 1000**. This number is free to call, and will be answered 24/7.