



## Mental Health and Well-Being



11.2.2022

Dear parents and carers,

We know that some children and adults can struggle with their mental wellbeing, especially due to the impact of covid-19. As a parent, it can be difficult to know how to best support your child too.

NHS Gloucestershire have developed a mental health website for children and young people up to 25. It is the first step in providing a central platform of information about mental health support for children and young people in Gloucestershire.

There are leaflets in our reception entrance about this initiative which you are welcome to take. Please find a link below to the website too. There is a section for parental support at the bottom of the page if you wish to seek advice on ways to support your child and the help available. Website: [On Your Mind Gloucestershire - children & young people's mental health - NHS \(onyourmindglos.nhs.uk\)](https://onyourmindglos.nhs.uk)

With kind regards,

Zoe Avastu

Headteacher