



26 February 2024

Dear Parents/Carers

We hope this letter finds you well. My name is Mr Pope, the School Counsellor, and I am getting in touch to invite you to a Mental Health evening.

What will be covered?

This event is aimed at parents wanting to gain knowledge and understanding about teenage mental health. We will be covering the following:

- Understanding of Mental Health vs Mental Illness
- What we are seeing locally and nationally
- What is typical teenage Mental Wellbeing?
- Changes in the brain
- When to be concerned
- Support available in school
- Support available in the community

When is it?

Thursday 14 March, 4.30 - 5.30pm

What's involved?

We will start with a short talk about teenage brains and mental health. You will then be invited to chat with school and community support staff that work with young people and their families.

In order to plan the evening accordingly, please could you complete this quick Google Form to show your interest and intention of attendance. You will find the Google Form [here](#) or by scanning the QR code below.



We hope to see you there.

Kind regards

N Pope

Mr Nicolas Pope
School Counsellor