



11th September 2024

## World Mental Health Day 2024

Dear Parents/Carers,

This year we will be joining thousands of schools across the UK and taking part in Hello Yellow in support of YoungMinds on Friday 11th October (World Mental Health Day) where we will be holding a non-school uniform day and asking everyone to wear something yellow.

There are days when all of us struggle with how we are feeling. Things can get tough and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same.

Finally, YoungMinds have resources for parents and carers to find help and advice, if you're ever concerned about a child or young person – you can find this on their website:

[www.youngminds.org.uk/parent](http://www.youngminds.org.uk/parent).

Let's all wear yellow on October 11<sup>th</sup> because we stand brighter, together.

Yours sincerely

Mrs. A Huggett

Curriculum Lead for PHSE

