

Monday 9th May 2022

Mental Health Awareness Week 2022

Dear parents and carers,

This week is Mental Health Awareness Week and the theme is Loneliness. Throughout the week children will learn how they can help themselves and others through assemblies, lessons and activities.

We are also providing you with resources that can help your family's mental health.

Yours Sincerely,

St Andrew's

**Resources**

Aim Group

The Aim group has a range of fully funded (Free) LEVEL 2 and LEVEL 3 qualifications available to anyone over 19 years old to help them better understand some key issues around **young people's mental health and wellbeing**, along with a range of other qualifications that may help with developing their own careers. Courses include: Understanding Young People's Mental Health, Understanding Behaviour that Challenges, Understanding Autism and the Teaching Assistant level 3. There are many more courses to choose from.

- Aim sign up: <https://theaimgroup.co.uk/booking-form/0014J00000jYuhg>

Kooth

Kooth is a company that has developed an app that young people & adults can use to help their own mental health.

- Website: <https://www.kooth.com/>
- Parent Information Webinar Sign Up: <https://www.eventbrite.co.uk/e/discover-kooth-young-peoples-information-session-tickets-225781246787?aff=ebdsoporgprofile>

Anna Freud - Mentally Healthy Schools

Search the library for resources on a wide range of mental health needs.

- <https://mentallyhealthyschools.org.uk/resources/>