

MENTAL HEALTH SUPPORT PARENT NEWSLETTER

September 2026

External Mental Health Support

Urgent Support



For Crisis Mental Health Support go to **A&E** or call **999**.



Call **111** and select option 2 for mental health

General Support



Kooth
www.kooth.com

Free anonymous support for anyone 10-18 year olds



Young Minds
www.youngminds.com

Information, support and advice.
Parent Helpline: 0808 802 5544



Samaritans
Call: **116 123**

Advice and live support via phone
www.samaritans.org



Shout
text **SHOUT 85258**

24/7 Text message support
www.giveushout.org



The Mix
themix.org.uk

Support Groups, counselling, forums etc.



Advice on Support in School

If you have concerns about your child's wellbeing, please contact your child's **Year Team, Tutor** or email **ff-mentalhealth@fairfax.fmat.co.uk**.

We are here to help!



Supporting Your Teenager's Mental Health and Wellbeing This Academic Year

As we welcome students back for a new academic year, we recognise that school can be an exciting time of growth, independence, and new opportunities.



However, it can also bring challenges such as academic pressure, friendship issues, examination stress, and concerns about the future.

Supporting young people's mental health and wellbeing is a partnership between home and school, and together we can help our students thrive.



Starting the New School Year Positively

Returning to school after a break can trigger a range of emotions. Some students may feel motivated and enthusiastic, while others may experience anxiety about friendships, workload, or transitioning into a new year group.

Parents and carers can support by:

- Taking an interest in your child's experiences at school.
- Encouraging regular conversations about their day.
- Maintaining routines around sleep, meals, and study.
- Helping them set realistic goals for the year ahead.
- Encouraging participation in clubs, sports, and enrichment activities.
- Reassuring them that it is normal to feel nervous about change.



Understanding Teenagers

Adolescence is a period of significant emotional, social, and physical development. Young people are developing their independence and identity, and may not always openly share their worries.

It can be helpful to:

- Listen without immediately offering solutions.
- Avoid comparing your child to others.
- Validate their feelings even when they seem small to adults.
- Encourage problem-solving and resilience.
- Remind them that setbacks and mistakes are part of learning.



Supporting Positive Wellbeing at Home

Simple daily habits can have a significant impact on mental wellbeing:



Encourage a healthy sleep routine.



Promote regular exercise and physical activity.



Support balanced use of technology and social media.



Encourage face-to-face social interactions.



Celebrate effort, progress, and personal achievements.



Make time for family activities and open conversations.