



From: Will Stockdale; Head of Geography

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Dear parents and carers

### **Mental health awareness week**

Next week marks mental health awareness week. The theme for 2022 is loneliness. Further information about the rationale for this important topic can be found [HERE](#). We will be exploring this theme with students next week and as part of this, I would be grateful if you could read the [attached document](#) on this key topic.

We also warmly invite you to attend the wellbeing webinar with an NHS consultant psychiatrist on **Monday 9 May from 7.00 - 8.15pm**. You will have received a separate email about this with login details.

Recommended reading on a range of mental health and wellbeing topics can be found [HERE](#). *Young Minds* also provide a wealth of resources for parents and carers at [THIS](#) link too. These resources are well worth checking out.

Many thanks in anticipation for your support from home. Please follow us on Twitter [@Ab\\_Wellbeing](#) where we will be posting various updates on mental health and wellbeing.

Kind regards

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