



From Head of Wellbeing: Paul Gooding

4 May 2023

Dear parents and carers

Mental Health Awareness Week 2023

Next week marks Mental Health Awareness Week. The theme for 2023 is anxiety. Further information about the rationale for this important topic can be found [HERE](#). We will be exploring this theme with students next week in order to help them develop really healthy and positive coping strategies in this area. You might want to watch some of these short videos [HERE](#) and [HERE](#) which introduce the topic.

We recently ran a mental health webinar for parents and carers with the main speaker Dr Mei Simmons who is a local consultant psychiatrist working for Oxfordshire CAMHS. She delivered a truly excellent presentation which you can watch [HERE](#). I would thoroughly recommend taking the time to watch it; it is packed full of very useful hints and tips for parents.

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. I have found these to be particularly useful.

Many thanks in anticipation for your support from home. Please do follow us on Twitter [@Ab Wellbeing](#) where we will be posting various updates.

Kind regards

Paul Gooding

Head of Wellbeing

Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE
Tel: +44 (0)1235 521563 Email: as.reception@abingdon.org.uk

www.abingdon.org.uk