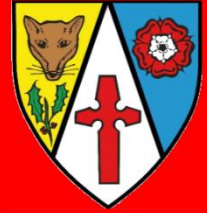


Mental Health and Wellbeing Newsletter

www.deanery.bham.sch.uk

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World Mental Health Day aims to raise awareness of mental health issues around the world, promote discussion about feelings and emotions and encourage us to think about how we can support our own and others' mental health. It is a day to talk about mental health and a reminder to prioritise our mental wellbeing. It's also a day to let people know that it's okay to ask for help, no matter what you're going through.

Just like adults, children can have daily worries. Listening to how young people feel and supporting them to seek help when they need it, can all begin with an ordinary conversation. Why not spend 20 minutes having a conversation about mental health with your child. This doesn't have to be in a formal way, why not play a game, go for a walk, craft or bake whilst you chat – pick an activity that you both enjoy so it feels natural.



Here are some conversations starters you could use..



Questions to ask your child

