



The Hinckley
SCHOOL

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World Mental Health Day

Dear Parent(s)/Carer(s),

Our school community have been taking part in a variety of activities this month in the run up to World Mental Health Day on Tuesday 10th October. World Mental Health Day gives us a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling. Our students have taken part in year group assemblies, welcomed inspiring mental health advocates for a '100 talk', discovered new book recommendations that explore a variety of topics surrounding mental health, taken part in activities to build positive mental health and emotional resilience and created a 'wall of hope' filled with students' positive mantras and staff tips on how they care for their own mental health.

This focus on mental health support will not stop after this week. The Hinckley School is dedicated to supporting our young people with their physical, emotional and mental well-being and we will continue to offer awareness activities, share strategies to build positive mental health and resilience and signpost support, to ensure that our students understand the importance of looking after their own mental health and how to support others during difficult times.

In addition to our in-school activities, we wanted to write to parents and carers to ensure that we signposted support for not only our students, but any family members who may need support with their mental health. Below you will find a list of external support services and tips for talking about mental health at home, which can be used by parents, carers and children.

Support Services:

- [Samaritans](#): Call 116 123 at any time of the day or night
- [SHOUT](#): Message SHOUT to 85258 for 24/7 text support on your mobile
- If you are a child or young person, you can call Childline on 0800 1111 or talk to them online
- [The Calm Zone](#): Call the CALM helpline on 0800 58 58 58 or use their webchat [here](#). The helpline and webchat are both open 5pm to midnight, 365 days a year.
- www.kooth.com – Free online support for young people
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#) – Mental health support for young people and their families.
- Childline: [Childline](#) provides online information and resources 24/7, as well as live counselling services (speak to a Childline counsellor online or on the phone) between 9am and midnight. Call 0800 1111.
- The Mix: If you are under 25, [The Mix](#) are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Phone the helpline on 0808 808 4994, open between 3pm and midnight every day. You can also contact them through email, their Crisis Messenger and 1-2-1 Chat.
- [Mind](#): Call - 0300 123 3393 (Between 9am to 6pm, Monday to Friday) (except for bank holidays). Email: info@mind.org.uk
- *Additional organisations and support services can be found online [here](#).*



Tips on talking about your mental health:

1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise.

We hope that this letter will help families to continue to have open conversations about mental health at home and ensure that our community knows where they can access additional support.

If you have any questions regarding mental health support, or how we can support your child in school, please do not hesitate to contact your child's Year Team.

Yours sincerely,



Ms Lisa Hickman,
Headteacher