
5 July 2021

Dear parent and carer,

Emotional wellbeing and mental health support guides

Locally and nationally, the number of children and young people needing support with their mental health and emotional wellbeing is on the rise. This follows an unprecedented year of rules, restrictions and periods of isolation, unlike anything in living memory.

In response, we are working closely with all our partners to make sure the right support is provided to meet this need.

Here is information for parents and carers about how to access support for young people as well as some tips on how to approach conversations around mental health.

Support guides

New '[Recipes 4 Wellbeing](#)' cards have been produced by Sussex Partnership NHS Foundation Trust, designed to help you support young people experiencing difficulties with their mental wellbeing. There are 15 guides covering a range of support and advice from anxiety, bullying, sexuality, gender identity, transition to schools, loss and bereavement, to name a few.

Toolkits

The Sussex Health and Care Partnership have produced new [toolkits](#), which give top tips on how to look after your mental wellbeing and links to helpful resources and tools:

[Tool kit for parents and carers](#)

[Tool kit for young people](#)

We hope you find these useful and with the summer approaching and lockdown restrictions set to lift we also hope pupils enjoy reconnecting with friends and getting out and about.

Yours sincerely

Paul Wagstaff
Director of Education & Skills