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Dear Parents/Carers,

We know you and the young people in your lives have been going through a difficult time over the past few months, and it can be hard to feel positive. But you're not alone. On Saturday 10<sup>th</sup> October, it is World Mental Health Day. We will be marking this by joining YoungMinds and raising awareness by taking part in #HelloYellow. We are inviting children to **wear something yellow** with their school uniform on **Friday 9<sup>th</sup> October**. It could be a yellow t-shirt, a yellow hairband, yellow socks etc.

Lockdown has had a devastating effect on some children and young people's mental health. We are wearing yellow to show young people they are not alone with their mental health. It is important for us all to know that keeping mentally healthy is just as important as being physically healthy. Yellow, as a colour, often represents sunshine and happiness. This year, we will be reminding the children that staying fit and well includes looking after our mental health. We will ask the children how they look after their mental health, and sharing top tips for what to do to cheer themselves up. We will also talk to the children about it being okay to not feel okay as long as they talk to someone about this so that they can be helped.

Join us, your friends, colleagues and loved ones in a show of solidarity by taking part in #HelloYellow. Dig out your neon socks, custard scarf and banana hat - let's show young people they're not alone with their mental health! Your support means YoungMinds can help even more young people and their families at a time when it's needed most.

Should you, as parents, need any support with your child mental health, contact YoungMinds Parent Helpline on 08088025544. Should your child or young person need support, they can text the YoungMinds Crisis Messenger by texting YM to 85258.

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