

ABBOTSWOOD JUNIOR SCHOOL



'Helping **everyone** achieve their best'



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'It Really Does Matter'

10th October 2023

World Mental Health Day

Dear Parents and Carers,

As it is World Mental Health Day today, we thought we would send out some useful links.

This link is aimed at adults: <https://www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire>

This link is related to children: <https://www.what0-18.nhs.uk> and has information across a wide range of subjects including mental health.

If you want to do some 'homework' with your child, the charity 'Young Minds' has an interesting idea for you! Have look on their website:

<https://www.itv.com/britaingetalking/schools.html>

Kind regards

Fiona Brocklesby and George Adams
Mental Health Leads