Thank You All

Dear Parents/ Carers & Students,

Uphall Primary school took part in Hello Yellow on Friday 9th October to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

Many young people are struggling with their mental health right now and that's why days like Hello Yellow matter. By teaching young people to explore their feelings, how to talk about them and who to reach out to for help, we're giving them the tools they need.

Thank you all for taking part by wearing yellow and raising money for YoungMinds charity, making sure young people have access to support when it matters most.

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice.

This includes:

Online resources (www.youngminds.org.uk/parent)

A phoneline service for parents and carers to speak to trained professionals if you're concerned about your children's mental health: 0808 802 5544 (Open 9.30am-4pm)

As well as an online chat and email service (www.youngminds.org.uk/parents-helpline





