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11th October 2018

Dear Parent or Carer

Re: Lancashire Mind's whole school approach to mental health

Our school has been chosen to be part of a pilot project by Mind, the mental health charity, with the purpose of improving the mental health and well-being of everyone in our community.

Central Lancaster High School is one of 17 secondary schools in England and Wales working with Lancashire Mind to pilot their high-profile, exciting new way of looking after the mental health of everyone involved in school life.

This starts by asking everyone in our school community to take part in the confidential whole school mental health survey. It is designed to help find out how you, the rest of the school workforce, pupils, and parents feel about mental health, and about what is already in place.

In January, the results will be shared, and a representative group of teachers, pupils, and parents will be supported by Lancashire Mind to draw up an action plan. As part of our action plan, MIND might agree to provide mental health information, tailored assemblies, specialist training and workshops or one to one sessions. Whatever it includes, they'll show how we can build on the things that are already working and what we can do to improve anything that might not be working as well.

It's really important that everyone takes the survey. The more responses there are from across the school community, the better the supports will be. To access the survey online, please click this link:
<https://www.surveymonkey.co.uk/r/PR8WXBD>

By working on this together, we can build people's confidence so everyone in our school community is comfortable talking about mental health, and feels able to ask for support if needed.

Find out more about Mind's whole school approach to mental health by speaking to Lee Mackie.

To access information on a range of topics including types of mental health problems, where to get help, and advocacy, please contact:

Mind Infoline
Monday to Friday, 9.00am to 6.00pm
0300 123 3393
info@mind.org.uk

If you know a young person who needs support with their mental health, please signpost them to Childline. They offer free confidential counselling 24 hours a day. Young people can call them on 0800 1111 or go online to chat one-to-one with a counsellor at childline.org.uk/get-support/

Yours sincerely

Mr L Mackie
Director of Impact

