



1 September 2025

“ LET'S ALL TALK mental health

Dear Parent/Carer,

Let's All Talk Mental Health – September 2025 Update

We're excited to continue our pastoral partnership this academic year, offering **all parents and carers free access** to expert-led mental health support through **Let's All Talk Mental Health**. Whether you're new to our school community or already familiar with these resources, we want to make sure you know what's available.

With this initiative, you can access **over 30 live online sessions** throughout the year, covering a wide range of teen mental health topics – from anxiety and ADHD to friendships, screen time, and more. Each session features the UK's leading Clinical Psychologists, specialists, and advocates, with **dedicated anonymous Q&A time** for parent questions.

You'll also have unlimited access to an **on-demand library** of **70+ recorded sessions**, available to watch at your convenience.

Let's All Talk Mental Health provides:

- **Expert Insight** – Learn what to say (and what not to say) when your teen is struggling
- **Practical Advice** – Tried-and-tested strategies to help at home
- **Clear Information** – To better understand teen mental health challenges
- **Guidance on Support** – Including how to find the right help when needed

Live sessions start on Monday 8 September. Here are the topics for this term:

- **Mon 8 September** – Back to School Anxiety: What Helps?
- **Mon 15 September** – How Tech and AI Is Reshaping Teen Minds, Moods & Relationships
- **Mon 22 September** – Supporting Neurodiversity at Home and in School
- **Mon 29 September** – Teens and Friendships: What Parents Need to Know

If you can't join a session live, don't worry – every session will be available on-demand immediately after it airs. Plus, if you have questions for the experts, you can email them in advance to the LATMH team.

Headteacher: Mr Alan Blount, MA, BSc, QTS

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To get started, please **register for your pass** for the upcoming academic year using this unique link: [\[NW 25/26 Link\]](#). **Please note: even if you've registered in previous years, a new registration is required.**

Once registered, allow a few minutes, then you'll receive an email from Contrast with your access link to the **Let's All Talk Mental Health hub** (check your junk folder if it doesn't appear in your inbox).

For any assistance accessing the hub, you can contact the team at hello@letsalltalkmentalhealth.co.uk.

Here's the direct access link to the hub once you've registered: [LATMH hub](#)

We hope these resources will be helpful for you and your family.

Yours sincerely

A handwritten signature in black ink, appearing to be 'AB' followed by a wavy line.

Mr A Blount
Headteacher