



NEWSTEAD WOOD SCHOOL

"creating opportunities for success"



17 January 2024

Dear Parent/Carer

Let's All Talk Mental Health

We would like to share an invaluable resource designed to assist parents in navigating the challenges of their children's mental health. Newstead Wood School is proud to provide full access to the **Let's All Talk Mental Health** platform within our parent community, demonstrating our commitment to pupil mental health and emotional wellbeing.

Let's All Talk Mental Health is an excellent website and platform featuring enlightening talks with leading experts covering a range of topics. It serves as a supportive tool for parents seeking answers, guidance, and assistance for their children facing mental health challenges. The platform offers one-on-one interviews and a unique opportunity for anonymous audience Q&A sessions with prominent experts, therapists, and psychologists.

Parenting through these challenges can be demanding, and Let's all Talk Mental Health is there to offer support, when you need it. By engaging with this platform, you can expect:

- Expert insight
- Practical advice
- Help to better understand the issues
- Tips to navigate the right routes to treatment

For more information: [Let's all Talk Mental Health website](#)

We believe that this resource is crucial in helping parents support their children through various experiences and difficulties.

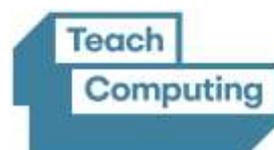
Newstead Wood School offers full access to the 2024 series of over 30 annual webinars which can be viewed live or on-demand throughout the year.

The programmes are scheduled conveniently at 8 pm on Monday evenings, ensuring flexibility whether you prefer to watch them live or access them on-demand. In addition, you'll find a comprehensive library of over 50 recorded sessions and 5 dedicated student sessions for you to explore at your own pace.

Headteacher: Mr Alan Blount, MA, BSc, QTS

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Coming soon:

- Mon 22 Jan Supporting Teens through family and relationship difficulties
- Mon 29 Jan Building the foundations for Mentally Healthy Minds
- Mon 5 Feb Tacking Low Self Esteem in Teens
- Mon 19 Feb Is technology hurting teens?
- Mon 26 Feb Ask Away Audience Q&A

Each of the live sessions includes ample time for audience questions and if you can't make the session, you can email your questions in to the [LATMH team](#).

To register for any of these programmes, please use this unique link to register for your FREE pass: [Newstead Wood Access Pass](#)

When registered, you will receive an immediate confirmation email, followed by a further email from CONTRAST with your joining instructions, (please allow a few minutes for the second email and please check your junk folder for this link).

Initially, follow the CONTRAST link, type your email address into 'work email' (remember to use the same email as your original registration). If you want to protect your **anonymity** for audience Q&A's, then please add an alias in the First/Last Name field. If you experience any problems with access, please contact hello@letsalltalkmentalhealth.co.uk who will be happy to help you.

Once you have registered, this is an easy access link to the hub: <https://app.getcontrast.io/let-s-all-talk-mental-health>

We really hope that you will find the expert advice helpful.

Yours sincerely



Mr A Blount
Headteacher