



2 May 2024

Dear Parent/Carer

Let's All Talk Mental Health

I am writing to remind you about the valuable service we have subscribed to from Let's All Talk Mental Health. We are providing these important resources to you free of charge to support families and students.

Recent sessions have included:

Suicide Prevention in Teens: What parents need to know with *Dick Moore*

Negative Thinking Traps: How to Help with *Dr Nihara Krause*

Autism & Teens; what to expect and how to help with *Dr Jane Gilmour*

Helping Teens Cope with Exam Stress & Pressure with *Dr Maryhan*

The new search function makes it easy to find these and other previous recordings.

Here is what's coming in May:

Is Your Teen Struggling with School Avoidance? What Parents & Schools can do to Help - Monday 13 May
Emotional Based School Avoidance (EBSA) is a pressing issue for teens and families, intertwined with mental health and wellbeing. **Dr Sarah-Jane Knight** and **Cathy Elliot, Head, Streatham & Clapham High School** will discuss approaches to address EBSA, focusing on supporting teens to return to school and thrive.

Body Dysmorphic Disorder: How to support your teen - Monday 20 May

Dr. Amita Jassi will lead a session discussing Body Dysmorphic Disorder (BDD), changing body shapes and external pressures can negatively impact teens. She'll discuss recognising signs of BDD, its effects on mental health and self-esteem, and provide essential guidance for parents, with considerations for neurodiverse teens and potential effects on siblings.

Each session includes 30 minutes of Q&A.

If you're new to the Let's all Talk Mental Health hub, please register for your [Free NW Parent Pass](#). If you're a returning guest, here is an easy access link to the hub: [Let's all Talk Mental Health](#)

Please contact hello@letsalltalkmentalhealth.co.uk if you require help accessing the portal.

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

Headteacher: Mr Alan Blount, MA, BSc, QTS

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Yours sincerely

A handwritten signature in black ink, appearing to be 'A Blount', with a long, wavy horizontal line extending to the right.

Mr A Blount
Headteacher