



3 September 2024

Dear Parent/Carer

Let's All Talk Mental Health

Welcome back to school following the summer break.

We are very pleased to write to you about our ongoing pastoral partnership, which continues to provide free mental health resources and support to parents and carers of students who may be struggling with their mental health. Whether you are new to our school or have been with us for a while, we want to ensure you have access to these valuable resources.

Through **Let's All Talk Mental Health**, all parents can now access over 30 live online sessions throughout the year, covering a wide range of teen mental health issues featuring the UK's leading Clinical Psychologists, Experts and Advocates. Every live session dedicates at least 30 minutes to anonymous audience Q&A PLUS parents can benefit from an extensive online library of 60+ sessions to watch on-demand.

Let's all Talk Mental Health can provide help, guidance and resources for parents to navigate the complexities of their teens' mental health with confidence whenever they want, wherever they want, and for however long they need it:

- **Expert Insight:** What to say and what NOT to say.
- **Practical Advice:** Useful tips and strategies to help and support at home.
- **Understanding of Issues:** In-depth information to help parents understand teen mental health challenges.
- **Guidance on Treatment:** Tips for navigating the right routes to treatment.

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

Live sessions start on Monday 9 September:

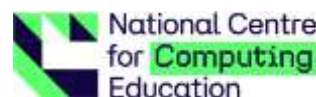
Monday 9 September, 8pm	Back to School Stress & Anxiety - How to Help your Teen
Monday 16 September, 8pm	Teen Friendship Issues – Do's & Don'ts for Parents
Monday 23 September, 8pm	Neurodiversity – A Parent's Guide
Monday 30 September, 8pm	Eating Disorders in Teens: Causes, Signs, and Support

Headteacher: Mr Alan Blount, MA, BSc, QTS

Newstead Wood School is part of United Learning. United Learning comprises: UCST (Registered in England No: 2780748. Charity No. 1016538) and ULT (Registered in England No. 4439859. An Exempt Charity). Companies limited by guarantee. VAT number 834 8515 12. Registered address: United Learning, Worldwide House, Thorpe Wood, Peterborough, PE3 6SB.

Newstead Wood School
Avebury Road
Orpington
Kent
t: 01689 853626

e: office@newsteadwood.co.uk
w: newsteadwood.co.uk



Don't worry if you can't join LIVE in September – every hour-long session is available on demand directly after the online session and if you want to put a question the experts, you can even email your questions in advance to the [LATMH team](#)

We kindly ask you to register for your pass for the upcoming academic year using this unique link: [NW Access Link](#). Even if you have registered in previous years, a new registration is required.

Please allow a few minutes for an email from **Contrast** with your access link for the Let's all Talk Mental Health Hub (please do check your junk folder if the email doesn't appear in your inbox). Follow the link, click on any of the icons and use the email address that you registered with. If you wish to **remain anonymous** during Q&A, please create an alias with First/Last name.

You can contact the team at hello@letsalltalkmentalhealth.co.uk if you need any assistance accessing the hub.

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

We really hope that you find these resources helpful.

Yours sincerely

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

Mr A Blount
Headteacher