October 2015

Dear Parents/Guardians

We know mental health problems are more common than a lot of people think – one in ten young people will experience mental health problems by the age of 16. That’s why we think that it’s important to talk about mental health. By being more open about mental health we can help people know they’re not alone, and start to take the taboo out of something that affects us all.

That’s why we’ve decided to support the Time to Change campaign in our school. Time to Change is England’s biggest programme to end the stigma and discrimination faced by people with mental health problems. The programme is run by the charities Mind and Rethink Mental Illness and funded by the Department of Health, Comic Relief, and the Big Lottery Fund.

As part of the work, pupils in the school will be learning about mental health stigma and discrimination and why it’s important for us to talk about mental health. We hope that pupils may come home and want to talk about the campaign and that we can all play a part in breaking the silence around mental health. To help us, Time to Change have provided resources to support parents/guardians, including 10 top tips for talking about the topic of mental health. We encourage you to have a look, they can be found here: [www.time-to-change.org.uk/parents](http://www.time-to-change.org.uk/parents)

To find out more about the campaign, or find out how you can support it, take a look at [www.time-to-change.org.uk](http://www.time-to-change.org.uk)