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HR1 4DR

Dear Parents and Guardians,

We would like to take a moment to introduce ourselves as part of the school's wellbeing team.

We are dedicated to supporting the mental and emotional health of our pupils and their families. Our goal is to promote a culture of seeking help and support within the school, while also fostering education and awareness around mental health. We believe that open conversations and a supportive environment can make a significant difference in our community.

As part of this commitment, we are excited to announce our participation in the [Hello Yellow Campaign](#) on World Mental Health Day, which will be celebrated globally on **Thursday 10th October**.

Hello Yellow is a nationwide initiative that encourages individuals to wear something yellow to raise awareness and funds for mental health charities.

On this day, we invite all students and staff to wear an item of yellow clothing or an accessory to make the day a little brighter and show our support for mental health.

We encourage you to discuss the significance of mental health with your children and to participate in this campaign together. By fostering an environment of openness and support, we can help reduce the stigma around mental health and encourage our students to seek help when they need it.

Thank you for your continued support, and we look forward to seeing our school community shine in yellow on the 10th October!

Warm regards,

Mrs T Peake & Mrs S Wardell

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To further assist families in our school community, we would like to share some valuable resources available here in Hereford:

Herefordshire Mind

Website: [Herefordshire Mind](#)

Services: Offers mental health support, advice, and information for individuals and families.

Child and Adolescent Mental Health Services (CAMHS)

Contact: 01432 347 202

Services: Provides support for children and young people experiencing mental health difficulties.

The Family Support Service

Website: [Herefordshire Family Support](#)

Services: Offers guidance and support for families facing challenges.

Vennture

Website: [Vennture](#)

Services: Provides support and mentoring for young people, parents and families; helping them navigate challenges and build resilience.

The CLD Trust

Website: <https://thecldtrust.org/>

Services: Supports children and young people through educational programs, counselling, mentoring, and community engagement initiatives.

National services:

Family Lives

Website: [Family Lives](#)

Services: Provides helplines and resources for parents regarding mental health challenges affecting their children, including advice on coping strategies.

Nip in the bud

Website: [Nip in the bud](#)

Services: Provides early intervention and support for children and families experiencing mental health challenges, focusing on prevention and promoting emotional well-being.

