

Headteacher: T.Body BA (Hons), MA

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Dear Parents and Carers,

Mental Health Awareness Week – Resources for Supporting Mental Health

As part of Mental Health Awareness Week, we would like to take the opportunity to highlight the importance of mental well-being for both you and your child, and share some valuable resources available in Hertfordshire that can support you both.

At Westfield Academy, we are committed to supporting the mental health of all our students, ensuring they have access to the tools and information that will help them thrive. We also understand that as parents and carers, your mental health is just as important. We want to ensure you feel equipped and supported in your own well-being, while also being able to effectively support your child in managing their mental health.

Resources to Support Parents' Mental Health:

- **Hertfordshire Mind Network:** Provides a range of services for parents, offering emotional support and advice for managing your own mental health. Learn more [here](#).
- **Parenting Mental Health:** A charity offering resources, information, and support specifically for parents who are supporting children with mental health challenges. Visit their site [here](#).
- **Family Lives:** Provides practical advice on handling relationships and parenting, especially when mental health concerns arise. Visit their website [here](#).

Supporting Your Child's Mental Health:

- **Young Minds (Parents' Guide):** This leading charity offers expert advice on supporting your child's mental health, from early signs to coping strategies. Check out their parent guide [here](#).
- **Sandbox:** The **Sandbox** is an NHS funded service to support children and young people (10-25s) in **Hertfordshire** with their mental health and well-being. Learn more [here](#).
- **MindEd:** An online resource offering free advice and training to help parents and carers support their children's mental health. Visit [here](#).

Additional Resources for Children and Young People:

- **Childline:** Provides free, confidential advice and support for children and young people in need. Visit [here](#).
- **The Mix:** Offers mental health support to young people aged 13-25, including live chat services and helpful articles. Visit [here](#).
- **With YOUTH:** is a digital wellbeing service for 5–18-year-olds across Hertfordshire with mild to moderate mental health needs. Find more information [here](#).

Who's in Charge? Parenting Workshops:

We also want to bring your attention to an important initiative aimed at supporting parents who may be dealing with difficult or violent behaviour in their children. The **"Who's in Charge?"** workshops are designed to help parents manage challenging behaviours and foster healthier relationships within the family.

The workshop covers key topics including:

- Causes of abusive or violent behaviour in children
- Assertiveness and self-care techniques for parents
Anger management strategies
- Practical consequences for unacceptable behaviour
- Empowering parents to reduce feelings of isolation, guilt, and shame

These workshops aim to help parents implement positive behavioural changes and provide emotional support throughout the process.

If you are interested in learning more or participating in the **"Who's in Charge?"** workshops, please don't hesitate to get in contact with us for more information.

We hope that these resources will provide both you and your child with the support you need to improve your mental well-being.

Should you or your child need further assistance, or if you would like to discuss any concerns, please reach out to us.

Thank you for your ongoing support.

Kind regards,

The Safeguarding Team at Westfield Academy