

Dear parents/carers

Thank you to everyone who attended the first in our series of mental health related sessions which we are facilitating in partnership with FDAMH. It was good to have so many of our families engaging with this important information and guidance to help support our young people.

If you attended the first session, could I please ask that you complete the following [FDAMH TA Evaluation Form](#) to provide feedback on the session. This will help us, and FDAMH, inform future sessions and ensure we are meeting the needs of our school community. You are also able to view a review of the content through the following [Dropbox Link – Mental Health Awareness Handouts](#). If you were unable to attend the session but would like to see the information Julie Law shared with the group and how the session ran you can view our recording on YouTube [Braes FDAMH Session 1 Understanding Mental Health](#)

Our second session will take place next Wednesday, 2nd February and will look at Building Resilience & Positive Self-Care. This session considers the many influences and reasons for young people experiencing negative thinking and reduced self-esteem in today's society and looks at ways to bolster their confidence and begin to regain their self-belief.

I will send out the link to this session early next week, please remember that you do not have to turn on your camera and you will not be expected to speak during the session but there will be an opportunity for questions should you wish to ask any or provide comments.

If you have any questions, please do not hesitate to contact me.

Kind regards
Miss Wilkinson