

East Hunsbury Primary School

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22nd January 2018

Challenge Tessa Visit

Dear Parents / Carers,

Tessa Parkinson from www.talkoutloud.info will be visiting EHPS tomorrow as part of her 'challenge Tessa' initiative.

Talk Out Loud Aims to:

- Help spread the message that 'mental health is everybody's business.'
- Increase awareness of mental health needs, draw attention to the stigma and discrimination experienced by young people with mental health needs and challenge the negative perceptions of mental health needs
- Raise awareness amongst young people about mental health issues, stigma and where they can access help and support
- Encourage young people to take responsibility for tackling mental health stigma
- Work with you people to develop services that are accessible and in settings that young people are comfortable in

The 'Challenge Tessa' initiative:

In order to promote Northamptonshire's Mental Health Awareness Day Tessa Parkinson, one of the Programme Managers for the Mental Health Stigma Programme in Northamptonshire, has been challenged to visit as many schools as possible. So in the lead-up to the day, Tessa will be visiting over 70 schools, getting an MHSP boiler suit stamped by students, having photos taken with staff and pupils/students and delivering key mental health messages and resources for schools to use on 9th February (mental health awareness day.)

During her visit Tessa will be photographed with some of our pupils and in return we will receive lots of valuable resources to help with our 'Well-being Week.' Images may be shared on the 'talk out loud' website, Facebook or Twitter profiles. If you would prefer for your child not to be photographed please talk to their class teacher.

With thanks for your support,

Kelly Roberts and Lisa Greenough

(PSCHE Coordinators)

Headteacher: Mrs R Arundel

