



# HURSTHEAD INFANT SCHOOL

*We care, we learn, we belong*

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Dear Parents

Next week (10 – 16 May) is Mental Health Awareness Week. Stockport LA's lead for Health and Wellbeing has asked schools to share the following resources and opportunities with you.

Kooth, which is an online mental wellbeing community offering anonymous and free access to mental health and emotional wellbeing support, is hosting a virtual drop-in session across Greater Manchester. The virtual drop-in is on Wednesday 12 May 6pm – 7pm for parents and carers. The session is an opportunity to find out more about their online service and will cover –

- What support features are available on Kooth
- Tips for supporting mental health and wellbeing in nature and the environment (the theme of this year's Mental Health Awareness Week)
- A Question and Answer portion
- A live demonstration of Kooth.com

To register a place follow the link to Eventbrite here:

<https://www.eventbrite.co.uk/e/greater-manchester-discover-kooth-mental-health-awareness-week-tickets-151969941185>

To find out more about the Mental Health Awareness Week please follow this link:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Kind regards & take care

Jane Driscoll  
Headteacher