



Mental Health Awareness Week

12-18 May 2025

Mental Health Awareness Week is celebrating the power and importance of community. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with others, and supportive communities remind us that we are not alone. Communities can provide a sense of belonging, safety, support in hard times and give us a sense of purpose.

Good mental health and wellbeing improves standards in schools and helps pupils achieve and thrive in education, setting them up well for life and work. Your mental health and physical health and wellbeing are closely linked. Good mental health can help pupils to:

- attend school
- develop key life skills, particularly social and emotional skills
- engage in learning
- achieve academically
- and have better long-term outcomes such as future employment.

If you have a concern for your mental health, talk to a trusted adult at home or in school. There are professionals who can support or signpost you to the most appropriate service. There may be a counsellor you could talk to at school, or your GP/Family doctor or NHS School Nurse. There are also online services for our school aged population if you would prefer an anonymous platform to discuss your mental health, such as <https://www.kooth.com>

[Mental Health Awareness Week | Mental Health Foundation](https://www.youngminds.org.uk/)

<https://www.youngminds.org.uk/> *The UK's leading charity fighting for children and young people's mental health.*

<https://www.mentalhealth.org.uk/>

[Promoting and supporting mental health and wellbeing in schools and colleges - GOV.UK](https://www.gov.uk/government/collections/promoting-mental-health-wellbeing-schools-colleges)



Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy