



**MAIDEN ERLEGH**

**CHILTERN EDGE**

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Dear Parents/Guardian

**Oxfordshire Youth - Mental Health Awareness for Parents and Carers - 21 June**

We have been made aware of this opportunity through Oxfordshire County Council for parents and carers to learn a little more about supporting young people and their mental health.

Please follow the instructions below to sign up and, where appropriate, make use of the promotion code to attend free of charge.

Yours faithfully

Emma Bliss  
Deputy Headteacher

Oxfordshire Youth is delivering online **Mental Health Awareness Training** specifically for **Parents and Carers** of children and young people. **The sessions are FREE for Oxfordshire residents.\***

Our Mental Health Awareness Training for parents and carers aims to aid understanding of relevant topics surrounding young people's mental health today. The training also explores how parents/carers can talk to their young people about the struggles around ill mental health and where they can seek support.

For further information or to book on a training session, please click on the link below for the session on the 21st June:

<https://www.eventbrite.co.uk/e/an-online-mental-health-awareness-session-for-parents-and-carers-tickets-296897908637>

**\*In order to receive a ticket for free, please use the first part of your postcode as the promo code in capital letters (e.g: OX4).**

The training sessions lasts just over 1.5 hours and include presentations and group work, providing the opportunity to speak with other parents and carers about young people's mental health.

Kind regards,

**Sedia Rogers (she/her)**  
**Mental Health Ambassador Coordinator**