

# South Farnborough Junior School

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## Celebrating World Mental Health Day: Hello Yellow

Dear Parents/Carers

Our school will be taking part in **Hello Yellow on Friday 10th October** (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

No young person should feel alone with their mental health and that's why Hello Yellow matters. We're taking this opportunity as a school community to come together and show our students that we are with them and they're never alone with their mental health.

We'll be taking part by inviting the children to come to school in their own clothes, preferably wearing something yellow! This can be as small as a yellow pair of socks or a hair band to wearing yellow from head to toe! (No coloured hair sprays or nail varnish please)

We will not be collecting monetary donations in school for this event. However, if you would like to support the YoungMinds charity, you can donate directly via their website: <https://youngminds.org.uk/support-us/donate>

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children. This includes:

- Online resources - [www.youngminds.org.uk/parent](http://www.youngminds.org.uk/parent)
- A phone line open 9:30am to 4pm - **0808 802 5544**
- Online chat for parents and carers to speak to trained professionals if you are concerned about your children's mental health - [www.youngminds.org.uk/parents-helpline](http://www.youngminds.org.uk/parents-helpline)

Thank you for helping us to support this important cause.

Kind regards

Mrs Jones

Deputy Head

