



ABBEY PARK SCHOOL

Mental Health and wellbeing

Dear Parent/Carer,

We know that during this difficult time our mental health and wellbeing has been tested. It is vital to look after yourself and each other. The best way to do that is to keep lines of communication open. We know that can be difficult with teenagers so we have put together a few ideas of how to go about this.

Walk and talk

Going for a walk together can be a good way to encourage your child to talk about how they are feeling. Starting a conversation can be difficult, but it doesn't matter what topic the conversation starts with - it's about the opportunity it gives you both to talk about feelings.

Here's some conversation ideas to start things off...

- How are you feeling?
- What do you want to talk about?
- What was the best and worst bit of your day?
- If you could start today again, what would you do differently?

- What did you do today that you are most proud of?
- What was the biggest problem you had today?
- Do you want to talk about what's going on?
- How can I support you through [issue]?
- Is there anything that you need from me? Space, time to talk, time to do something fun...?

You're the expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts.

Reassure them that if they don't want to talk now, they can talk to you at any time. **You can also follow up conversations with encouragers, such as:**

- I love you, nothing can ever change that
- You can talk to me, I'm here for you
- If you need to talk to someone else, that's okay too
- If you talk to me about what is worrying you, I can do my best to help
- Even if I don't understand, know that I want to
- We're going to get through this together

If you are concerned about anything that has come up in a conversation, try your best to tell them how you see things, and be clear about any actions you are going to take. Try to provide comfort and reassurance. Please do not hesitate to contact a member of the Pastoral or Safeguarding team for advice and support.

(adapted from youngminds.org)



Principal: Mr J Young
Vice Principal: Mrs L Hunter

The Learning Campus, Redhouse Way, Swindon, Wiltshire SN25 2ND
Tel: 01793 705400 Fax: 01793 707596
email: admin@abbeyparkschool.org.uk