



Marden Vale
CE Academy

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'With God, all things are possible'
Matthew 19:26

MENTAL HEALTH AWARENESS WEEK

Dear Parents/Carers,

This week is Mental Health Awareness Week. This year's theme for MHAW is all about nature – connecting with nature, as well as thinking about how nature can provide a multitude of benefits to our mental health and wellbeing.

There are a wide variety of websites that can provide support and advice and can help in understanding mental health and wellbeing. These sites also provide practical suggestions and strategies that are quick and easy to apply.

There is an excellent short video on the Mental Health Foundation website which illustrates beautifully the positive impact nature can have on mental wellness:

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

Throughout this week, we will be encouraging the pupils to think about their own mental wellness and how experiencing nature can positively impact our happiness.

Attached to this letter is a handy, 'Top-Tips' document from the Mental Health Foundation that provides some helpful information that could be useful.

Some other useful websites:

<https://www.mind.org.uk/get-involved/mental-health-awareness-week/>

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

<https://www.dorsethealthcare.nhs.uk/about-us/news-events/MHAW21>

Mental health awareness is something that is crucial to us all as we move safely out from the pandemic and the restrictions. It is our hope that these resources support you and provide useful information,

Take time to look after yourself.

Best wishes,

Mrs Gordon
Mental Health Champion

Mrs Mabon
Pastoral Lead



Diocese of Salisbury
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