



Dear Parents and Carers,

Mental Health, Peer support and Suicide Awareness Programme

We are pleased to inform you that Every Life Matters will be visiting your child's school this term to deliver our Mental Health, Peer support and Suicide Awareness Programme.

The programme is aimed at helping young people understand how we can look after our mental health and wellbeing, how to find help if we start to struggle with our mental health, how we can look after each other and what services, support and resources are available to help us when we need support.

The programme also covers suicide and self-harm within the sessions, again helping young people understand the issues, where to get help and how we can support our friends. We know that tackling the stigma around suicide and self-harm, and encouraging open conversations and help seeking behaviour, is one of the biggest prevention measures we can adopt.

Every Life Matters is a Cumbrian Mental Health, Suicide Prevention and Suicide Bereavement Support Charity. Sessions are delivered by experienced trainers from an educational background. School staff will also have received training from Every Life Matters prior to the pupil sessions and your child will be supported in the sessions and beyond by a member of the school team if required.

Every Life Matters will also be delivering mental health, self-harm and suicide prevention awareness session to parents and carers of pupils at the schools in the near future.

Whilst we hope that you will see the importance of these sessions, if you have any concerns, we would ask you to contact your child's school who will be able to give you more details.

Yours sincerely,

Vicki Boggon, Suicide Safer Schools Leader
Paula Allen, Suicide Safer Schools Trainer

www.every-life-matters.org.uk

Parental Permission

If we do not receive a response to this letter, we will assume parental consent.

I do not wish my child _____ (name) to participate in the Mental Health, Peer support and Suicide Awareness Programme

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Date: _____

Signed: _____