



# EHMW PARENT NEWSLETTER

Issue 2: 24.03.2023

Welcome back to the EHMW Parent newsletter!

We have created this newsletter to reach out to parents about the importance of EHMW at Alderbrook School. This newsletter is designed to act as a platform to inform parents and guardians of support and signposting for their child's needs. Here at Alderbrook we strongly agree with our ethos of Ambition, Bravery and Kindness and would like this to reflect on to EHMW here at school.

Find below the barcode that leads you to our EHMW website page:



## Useful Links:

**Agents for change:** <https://equaliteach.co.uk/agents-for-change-outside-the-box/>

**Mental Health Foundation:** <https://www.mentalhealth.org.uk/>

**Anna Freud National Centre for Children and Families:** <https://www.annafreud.org/parents-and-carers/>

## Helplines:

**Student Minds:** [studentminds.org.uk](https://studentminds.org.uk) - Mental health charity that supports students

**YoungMinds:** 0808 802 5544 (Parents Helpline) 85258 (Crisis Messenger for young people – text the letters YM) [youngminds.org.uk](https://youngminds.org.uk)

Committed to improving the mental health of young people, including support for parents and carers.

**NHS:** <https://www.nhs.uk/nhs-services/mental-health-services/>

## Should I let my child use Discord?

**What is Discord?** Discord is an instant messaging and chat platform that allows users to communicate using voice, video or text. It is popular with the gaming community who use it to talk to people during gameplay, and swap tips about different types of games. However, recently it has grown its user base and is now used by others outside the gaming community. It has an age-rating of 13+



**Is Discord safe?** Some of the servers on Discord are themed around adult topics that might not be suitable for your child. There are also reports of harmful and illegal content being shared on the platform. It puts your child in contact with adults or other young people who might want to cause them harm. Some people behave differently online to how they would offline. This puts children and young people at an increased risk of being bullied on platforms like Discord. They could be pressured to send money to other users here is an option to donate to servers they follow or join paid-only servers on the platform.

## Top tips to help keep your child safe on Discord

**Talk to them about who they are talking to.**

**Tell them to come to you if they come across inappropriate content.**

**Explore other age-appropriate chat apps.**

**Explore the safety features available on Discord.**

For more information please see: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/should-i-let-my-child-use-discord/>

## Mental Health Facts

- Your mental health can affect how you feel, act and think.

- Exercising boosts your mental well being.

- Mental health is the state of your emotional well being

- Taking part in an activity that keeps you present and focussed breaks the habit of negative thoughts.

- Social media has a known affect on your mental health, so regular phone breaks are important.



### Remember....

- Good mental wellbeing means you are able to understand *why* you feel angry, sad, overwhelmed or unsure, however good mental wellbeing does not mean the absence of negative thoughts. Being able to deal with your feelings appropriately is important. You are not alone, support is always available.



## LATEST NEWS: PIPA

We are currently working with the PIPA Trial which is being conducted by the University of Warwick. This trial is exploring the effectiveness of an online resource for parents/carers to help reduce depression and anxiety in young people. If you are interested in taking part in the trial, please visit <https://ctu.warwick.ac.uk/PIPAmobile/parent-consent> to register. You will then need to enter this code, **84953801**, to access the database and to provide consent for you and your child to take part.

For more information follow the link below: [PIPA Information Poster](#)

