



Queen Mary's Grammar School

Headmaster: R J Langton, M A

14th March 2018

Dear Parents,

Mental Health Awareness Evening for Parents, Thursday 19th April

It cannot have escaped your attention in the national news that mental ill-health amongst teenagers has reached epidemic proportions, and here at QMGS we have made it one of our top priorities to raise awareness of these issues. This academic year we ran our second Mental Health Awareness Week, with an expanded range of activities, which was well received by pupils and garnered some attention on social media (via @qmgs_pshe).

We feel, however, that as always, our success relies upon your support. This is why we have decided to hold an awareness evening for parents on Thursday, 19th April in Richardson Hall at Queen Mary's High School (Upper Forster St, Walsall, WS4 2AE) 7pm-8.30pm. My counterpart at the High School, Miss Ayres, has invited a representative from the Charlie Waller Memorial Trust, set up in 1998 in memory of a 28-year-old man who took his own life after suffering from depression, to present to us on the themes most relevant to teenage mental health: defining and promoting emotional well-being, anxiety, depression and self-harm, how best to support young people, warning signs and further support. **We feel that this evening is suitable only for parents, and so if interested, we ask you NOT to bring your son/daughter.**

There is no cost for attending the event; however the CWMT will be bringing donation buckets and we would be very grateful if you could spare any change to help them continue to provide such training free of charge. The cost to them for running such an event is £340.

If you are interested in attending, please return the reply slip below to Mrs McPhee in Q9 by Thursday, 29th March. We hope that you will take advantage of the opportunity to not only raise awareness of but help put an end to the stigma still attached to mental illness.

Yours sincerely,

Mr R. J. Langton
Headmaster

Mrs S. McPhee
PSHEE Co-ordinator

Please return to Mrs McPhee in Q9 by Thursday, 29th March

Mental Health Awareness Evening for Parents

Son/Daughter's name: Form/Group:

I/We will be attending the parents' information evening about teenage mental health issues on Thursday, 19th April at 7pm in Richardson Hall at Queen Mary's High School.

The number of people in my party attending the event:

Signed: Date:

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