

Dear Parent,

We are pleased to inform you that your child is currently taking part in [Bloom](#), a free programme from Mental Health UK, which provides young people aged 14-18 in schools and colleges with lifelong resilience building skills to support positive mental health and the ability to better meet life's challenges.

A workshop from the programme has been provided for your child's class at De Lisle College and includes a training programme for school staff to take the programme forward and support our students with their mental health in the future.

We recognise that parents also play a vital role in supporting a young person's mental health and that fulfilling this role can sometimes be challenging for parents.

We are therefore pleased to invite you to join our free [Parenting Hub](#), a new online community for parents and carers. The hub can:

- Provide a safe environment for parents to share experiences, support each other and access expert advice
- Provide resources for parents to learn about mental health and how to better support their children
- Build parents' confidence to have supportive conversations and talk about mental health

The Parenting Hub is moderated 24/7 by our trained experts so parents and carers feel safe and supported to talk about their children's wellbeing through our Chat and Forum spaces. We host bi-monthly Q&A sessions with expert panels on topics related to young people's mental health, including social media and managing exam stress.

In addition, the site provides resources with practical information and guidance for parents and carers on what to do if they are concerned about their young person's mental health, created by our expert Young People's team.

You can [sign up to the Parenting Hub](#) now and become part of our community of parents and carers, to be there for the young people in your lives.

Best wishes,

Enda Egan

Head of Young People's Programmes