

Young People's Mental Health

At Vyners we believe that educating young people about their mental health is important and aim to help them consider ways to continually work on maintaining good mental health. However there are times where a child may have a negative experience with their own or others mental health.

As a parent this can be daunting and some may find it difficult to talk through these issues with their children. In the links below you will find advice on how to approach these conversations and information on avenues for support. Parents are encouraged to reach out to their child's Form Tutor or Year Leader.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

<https://www.youngminds.org.uk/parent/>

<https://www.nhs.uk/every-mind-matters/supporting-others/>