

Dear Parents and Carers

Time to Talk Day (<https://timetotalkday.co.uk/>) takes place on 1 February. The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health and by talking about it we can support ourselves and others.

The following services are also available as required;

- Kooth (<https://www.kooth.com/>) - a service where children and young people can talk anonymously to trained mental health support.
- Chat Health (<https://www.hampshirehealthyfamilies.org.uk/chathealth>) - a confidential text support service for parents, carers, families and young people in Hampshire manned by Southern Health health visitors and school nurses.
- Shout (<https://giveusashout.org/>)- Free, in the moment mental health support text 'HANTS' to 85258 to be connected to a trained Shout volunteer who can help with anxiety, stress, loneliness or depression. Available 24/7.

Many thanks