



Liden Academy
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Dear parents and carers,

Our school will be taking part in Hello Yellow on Friday 10th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

No young person should feel alone with their mental health and that's why Hello Yellow matters. We're taking this opportunity as a school community to come together and show our students that we're with them and they're never alone with their mental health.

We'll be taking part by wearing yellow for a £1 donation to Young Minds on Friday 10th October. This could be dressing as something that is yellow, going head-to-toe in yellow, or wearing just one yellow item.

You can also donate to support our school's fundraising by visiting our page at <https://fundraise.youngminds.org.uk/s/1641/1643>

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children. This includes:

- online resources (www.youngminds.org.uk/parent/)
- a phone line, open 9.30am-4pm (0808 802 5544)
- an online chat for parents and carers to speak to trained

professionals if you're concerned about your children's mental

health (www.youngminds.org.uk/parents-helpline/)



YOUNGMINDS

**Hello
Yellow**
FRIDAY 10 OCT

Wear it loud.
Wear it proud.

This World Mental Health Day, 10th October, wear yellow and donate to YoungMinds. Less than 1 in 3 young people are getting the support they need for their mental health. This needs to change. With your support – it can.

#HelloYellow

M&S | YOUNGMINDS

YoungMinds, registered Charity in England (1016968) and Scotland (SC039700)