



Dear **(parent/carer)**,

From all of us at **Great Crosby Catholic Primary School**, we just wanted to say a huge thank you for supporting YoungMinds #HelloYellow day held on 8th October 2021 for World Mental Health Day.

We all struggle with how we're feeling sometimes and it's normal to have ups and downs. This year might have felt a little more down than up. But it's the little things that have got us through it - the morning walks, singing in the shower, the perfect cuppa, that Netflix show that got us all buzzing, the bestie who makes you LOL and the teacher who has your back.

By supporting #HelloYellow this World Mental Health Day, you have done a little thing to make a BIG difference to young people's mental health.

With 3 children in every classroom with a mental health problem, YoungMinds is leading the fight to see a future where all young people can get the mental health support they need, when they need it, no matter what.

Thank you so much for your support.

If you would like to learn more about YoungMinds please visit:

www.youngminds.org.uk

Kind regards,

Carolyn Solkin
Parent Support/Learning Mentor

youngminds.org.uk



Because a little yellow... goes a long way.