

Dear Parents/Carers

At Outwood Academy City we pride ourselves on providing timely wrap around care and support for our young people. This has become ever more important post pandemic. I am writing to update you about the mental health services that are available both within the academy and in our local area.

In 2019, Outwood Grange Academies Trust launched its Mental Wellbeing Strategy and as part of the Outwood Family, we aim to create a supportive environment where students feel happy and able to flourish, this underpins everything that we do.

As part of our drive to support the mental wellbeing of our children, the Outwood Mental Wellbeing website provides a comprehensive range of services available to them and their parents. The website provides access to resources and a wide range of support services, across a number of areas including depression, anxiety, self-harm, eating disorders, suicide support, bereavement and general health.

In addition we have a wide range of resources to support your child within the academy. We have a trained counsellor who delivers interventions on self-esteem, body image, cognitive behaviour therapy, bereavement plus many more. We are also working closely with the Mental Health Support Team who have provided us with an Educational Mental Health Practitioner (EMHP) to increase capacity with early intervention work. In addition, we are also commissioning iSpace Wellbeing counselling service to help us meet the growing need within the academy.

For children and young people who are experiencing more complex issues we are also very established in initiating and leading on the Early Help process and working very closely with the Multi Agency Support Teams, Primary Mental Health Nurses and CAMHS.

If you feel your child needs additional support please contact their Learning Manager (details below) who will be happy to help.

- Mr Hickling Year 7 j.hickling@city.outwood.com
- Mrs Boyden Year 8 r.boyden@city.outwood.com
- Mrs Simpson Year 9 s.simpson@city.outwood.com
- Mr Edwards Year 10 h.edwards@city.outwood.com
- Miss Unwin Year 11 p.unwin@city.outwood.com

Yours faithfully

J Pinder
Vice Principal