

January 2019

Dear Parent/Carer/Guardian,

I am pleased to announce that Addaction's **'Mind and Body'** programme is going to be delivered at your son/ daughter's school over the course of the next few months.

The early intervention programme explores a range of strategies to help participants better manage their emotions and anxieties and looks to promote positive communication with others.

An independent evaluation completed by the University of Bath in 2017 evidenced positive improvements in participant's emotional wellbeing and reductions in a range of risk-taking behaviours including self harm.

As part of the programme, young people are invited to complete a confidential survey which helps to identify those for whom the sessions may be most beneficial. If we have any significant concerns regarding your child's wellbeing or safety, we will contact you directly and the school will be notified if appropriate.

Anonymised statistics will also be used from these surveys to help us better understand and respond to the challenges faced by young people in relation to emotional wellbeing.

Completion of the survey and attendance on the programme are voluntary; young people do not have to take part if they do not wish to. The schedule for sessions has been designed to minimise disruption to core subjects.

As part of **'Mind and Body'**, we recognise that parents and carers are often left with questions around mental health and emotional wellbeing and may feel unsure how to deal with some situations. Support is available via three methods: telephone advice sessions, face to face meetings and a variety of group sessions with themed topics.

If you have any questions about the programme please contact the office on 01795 500882 or at MAB@addaction.org.uk.

Yours sincerely,

The Mind and Body team