



Dear Parent/Carer

I am writing to let you know about the counselling service we have within the school to support our pupils. We are working with All Minds, a national charity supporting schools to improve children and young people's mental health and well-being.

All Minds Drop In

One of the services being offered in the school is the Drop In. It is open to all pupils and they can make an appointment to spend 15 minutes with a trained counsellor, either by themselves or with a friend. On average, about a third of pupils in All Minds schools take advantage of this service. Pupils can talk about any issues they may have in a confidential and safe environment.

Parental consent

Unless we hear otherwise from you, the school and All Minds will assume that all pupils have their parent/carer's permission to come to The Drop In. We also assume you are happy for the school to tell All Minds your child's name, date of birth, year group, gender and ethnicity. This information is stored securely and used solely to evaluate All Minds service.

If you would like to find out more, please contact **Vicky Whyte** who will be happy to answer any questions. You can also ask for an appointment to speak to the counsellor over the phone. Alternatively, if you **do not** want your child to participate in The All Minds Drop In, please complete and return the slip below by (insert date for returns).

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I do not want my child to participate in The Drop In.

Name of child/young person _____ Class/form _____

Name of parent/carer _____

Signature _____ Date _____