

# PARENT/CARER newsletter

## Parent Mental Health Day 30<sup>th</sup> January

Parent Mental Health Day on 30<sup>th</sup> January highlights how important parents' and carers' wellbeing is for the whole family. Created by the charity stem4, the day encourages you to pause, notice how you're feeling, and find small ways to restore balance.

To mark Parent Mental Health Day, this newsletter is especially for you — our school community's parents and carers. We know that when you're supported, it helps your children thrive too. This edition is focused on how you can look after your own mental health and how to access support when you need it, so you can continue to be the steady, caring presence your children rely on every day.



Next Podcast Episode:  
Parent Mental Health  
finding the balance

ALL EPISODES -  
AVAILABLE FREE  
ON SPOTIFY



[bit.ly/MHSTPodcast](https://bit.ly/MHSTPodcast)

## Parent Mental Health Video

We've put together a short, uplifting video for Parent Mental Health Day that speaks honestly about the ups and downs of parenting. It offers simple reflections on why the day matters and points you towards support that's there when you need it. We'd love you to take a moment to watch.

Watch now: [bit.ly/4bS6cpg](https://bit.ly/4bS6cpg)

## Supporters Forum: Exam Resilience

We run termly Supporters' Forums to hear directly from parents and carers about how we can improve our service to better support your family. Each forum includes:

- A short 20-minute presentation
- Open discussion (no camera or mic needed)

Next topic: Exam Resilience

 Tuesday 3rd Feb

 6:15 PM (6:30 start)

 Online

To sign up:  
[bit.ly/3LgMWaf](https://bit.ly/3LgMWaf)

## Explore our Free Resources

We have a range of free resources to support you in looking after your child's wellbeing. You can find simple tools, guides and webinars through our Linktree whenever you need them.

 Please follow us on social media for updates and support.

[linktr.ee/dorsetmhst](https://linktr.ee/dorsetmhst)

