



November 2021

Dear Parent/Carer

Mental health support for young people, parents, and carers

At Harrogate High School we feel it essential not only to nurture the academic progress of our students but also to care for their emotional wellbeing. With changing COVID-19 restrictions over the last eighteen months, young people may have struggled with the shifts in social and academic expectations placed on them. Help is available for both young people and parents/carers, and it is important to seek support and advice when needed.

There are a variety of services available across the region to help young people and parents/carers manage emotional wellbeing. An overview of these services and support available in the local area can be found on the 'Go-To' website: <https://thegoto.org.uk/>.

If you have any concerns about your child's mental health and wellbeing and you would like further support, please contact us on admin@harrogatehighschool.co.uk and ask to be put in touch with one of the safeguarding team, who will be happy to discuss these with you.

Yours faithfully,

Mr L Wilson
Assistant Headteacher & Safeguarding Lead.

