

## Hello parents and carers,

West Lea marked Mental Health Awareness Week earlier this month by promoting two initiatives, spearheaded by charities [Mind](#) and [Mental Health UK](#). These campaigns have been shared with students and you can find more information by clicking on the links provided.

This awareness week is important because it acts as a reminder to look after your mental wellbeing. Please keep doing so all year round!

This year at West Lea, we marked the topic proposed by [Mental Health Awareness Week](#) of tackling loneliness. Through the Covid-19 pandemic, many learners have had to isolate from family, friends and others for extended periods and unfortunately, for some this isolation and loneliness continues after restrictions have been lifted. To help overcome this, we encourage all students to help one another. In addition, if any student feels lonely or isolated, please let a member of staff know! We are here to help.

We have a long way to go until physical health and mental wellbeing are treated with equal importance and recognition. At present, outside of West Lea school, physical health is often more widely accepted, treated and researched than mental health.

Yet, this is changing. Each year we see this gap reduce as mental health is taken increasingly seriously throughout society.

We encourage all West Lea students and staff to speak up about their mental health and seek support from myself, a trusted adult/teacher or member of our [safeguarding team](#). Speaking to someone will help. We can offer support or guide you in the right direction! Alternatively, students can also raise their concerns anonymously via the ['report it'](#) page of West Lea's website.

**Jose Negrin**  
Head of Therapeutic Support  
West Lea School



## INITIATIVES AT WEST LEA

We facilitate lots of mental wellbeing initiatives for students at West Lea, including one to one art psychotherapy sessions (which are sometimes organised in groups) run by our therapists Oz, Ruth and Zoe across all campuses, which students love.

Therapy trainees Jane and Cara also deliver educational psychotherapy, dance and movement psychotherapy for students in Meridian campus, and Michelle and Sally are part of the Mental Health Support Team (MHST) working with students at Haselbury campus.

In addition, students at Horizon campus can book counselling sessions, delivered by Liz, who is a level four counsellor from Enfield Children and Young Person's Services (ECYPS).

I work with students and parents from all campuses, delivering consultation and therapeutic input. We welcome new students year-round!

Over the next academic year, we are working to expand our therapeutic offer by welcoming a new therapist to the school.

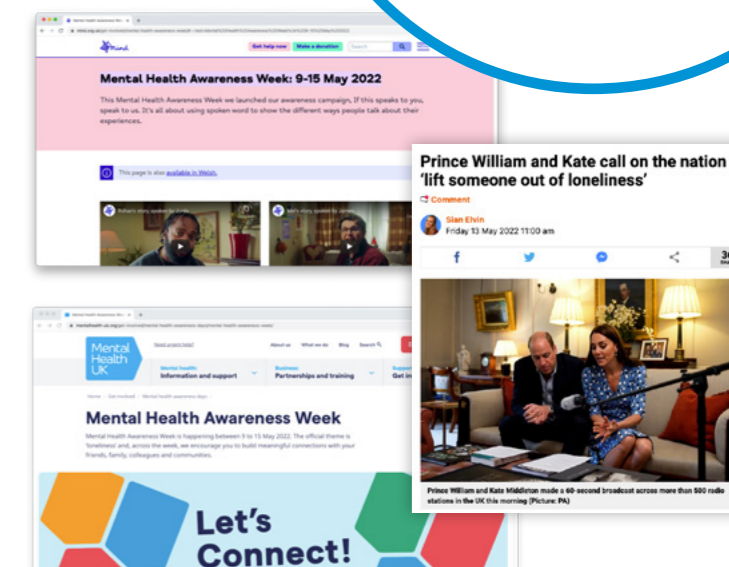
We also support our staff, as their happiness and mental wellbeing is both important to us and the school's wider culture. Through a partnership with Right Steps - which provides counselling for adults - we can ensure that all colleagues also receive any support they may require beyond that which West Lea can assist with.

Our next mental health newsletter will focus on the other therapies we deliver at West Lea School such as Speech and Language Therapy (SALT), Occupational Therapy (OT) and Physiotherapy, which are extremely important and crucial for the wellbeing and health of our students.



## USEFUL RESOURCES

- > [Mental Health Awareness Week 2022 – Mind](#)
- > [Mental Health Awareness Week 2022 – Mental Health UK \(mentalhealth-uk.org\)](#)
- > [Mental health: Prince William and Kate ask nation to help the lonely | Metro News](#)



## KEY DATES

25<sup>th</sup> July

National Schizophrenia Awareness Day

10<sup>th</sup> October

World Mental Health Day

10<sup>th</sup> September

World Suicide Prevention Day

10<sup>th</sup>-16<sup>th</sup> October

Obsessive Compulsive Disorder (OCD) Awareness Week

2<sup>nd</sup> November

National Stress Awareness Day