



14th March 2022 – 7th Sha'baan 1443

Assalaamu Alaikum – 'Peace be upon you'

Dear Parents/Carers,

RE: Mental Health Support – Parenting Hub

Following on from Children's Mental Health Week, Mental Health UK has launched a new online community platform called the *Parenting Hub*. The Parenting Hub is a platform for parents and carers to access information and peer support. The pandemic has had a disproportionate impact on young people with studies, pointing to increased levels of distress, worry and anxiety (Barnardo's, Mental Health Foundation, Strathclyde University), so the launch of the Parenting Hub comes at a crucial time.

The Parenting Hub will:

- provide a safe environment for parents to share experiences,
- support each other and access expert advice
- provide resources for parents to learn about mental health
- and how to better support their children
- build parents' confidence in having supportive conversations
- and talking about mental health

The Parenting Hub will be moderated 24/7 by trained experts so parents and carers feel safe and supported to talk about their children's wellbeing through the chat and forum spaces. There will be bi-monthly question and answer sessions with expert panels on topics related to young people's mental health, with social media and managing exam stress being part of the programme. The site will also include resources with practical information and guidance for parents and carers on what to do if they are concerned about their young person's mental health, created by the Young People's Programmes team, who have been running Bloom in schools since 2019. Parents and school staff can sign up to the Parenting Hub here: <https://parentinghub.clic-uk.org/>

Yours sincerely,

Zubair Khalifa
(Assistant Principal)

