

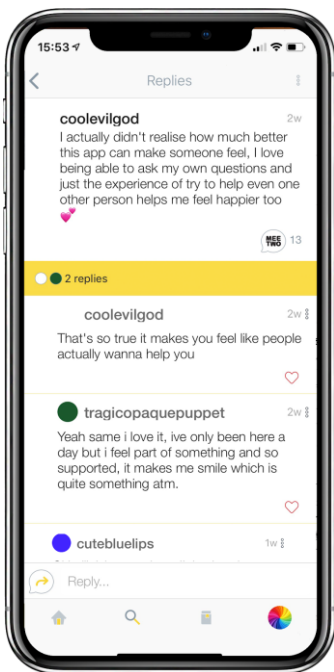
Monday 31st January 2022

Dear parent/carers

Mental Health Week and the exciting MEE TOO APP

This is our third Mental Health Week this academic year. In this week we have signed up to work with a national MEE TOO app to enable our students to access mental health support 24/7.

One of the best ways for a young person to improve their wellbeing is to share how they are feeling. The multi-award winning [MeeToo](#) app makes it easy to talk about difficult things, and to get support. We are delighted to be partnering with MEE TOO to have access to their expertise and provide additional support for our students.



The [MeeToo](#) app gives young people the tools to help themselves, and each other. It's designed to facilitate peer support which enables young people who share similar life experiences to provide each other with reciprocal support, advice, empathy, and a sense of belonging. MeeToo is confidential and anonymous which gives young people the confidence to talk about whatever is worrying them. The app is safe because all posts and replies are checked by human moderators before they go live, and in-house counsellors provide extra support if needed. The in-app directory is packed with useful resources. It enables students to connect directly to our school support services as well as those available in the local area.

Please encourage your child to get to know the app and to add their school portal so they can get help when they need it. MeeToo is featured on the NHS Apps Library and can be downloaded from [Google Play](#) and [Apple App Store](#). For more information about how we keep your child safe, our approach to confidentiality, or any other

question please visit <https://www.meetoo.help/safeguarding>

Yours sincerely,



Mrs. Victoria Deer

Deputy Headteacher