



LET'S ALL TALK mental health

Draft December Newsletter Comms for Sharing

Negotiating Teen Boundaries (Without the Power Struggle)

Let's all Talk Mental Health session hosted a really popular session with Dr Bettina Hohnen recently. As we head into the social festive season, the timing of this programme is helpful, with many teens tired as the end of term approaches and tempted to experiment as they explore their independence. It's a reminder to all of us to reinforce messages about making considered choices and staying safe.

If you think this session could support your family, you can read a short overview here: [weekly blog](#), and/or watch it on-demand [here](#), assuming you've previously registered (if not, please see details below).

Out of Sight, but Still in Mind

Let's All Talk will be taking a break from live sessions during December and will return in January with a session focused on **Low Mood and Depression** with Dr Sarah-Jane Knight.

Please remember that although the live programmes are pausing, the **hub and support team remain available throughout**. Families are welcome to dip in and out of the content at any time, and if you need help accessing the hub or would like recommendations on where to begin, you can contact the team at hello@letsalltalkmentalhealth.co.uk.

These resources are available whenever you need help, and for as long as that support is needed.

LATMH: Support Beyond Mental Health Topics

The hub isn't only for families experiencing mental health challenges. It now includes **over 100 programmes**, covering a wide range of social, emotional and parenting topics. Whether you're looking to strengthen your understanding, check in on something you're unsure about, or simply want a little reassurance, there is something for every family.

Some of This Term's Most Watched Sessions – Available now

Tech and AI – Reshaping Young Minds Technology and AI shape much of our children's daily lives, from phones and tablets to chatbots and social platforms. Dr Armitage, Psychologist and founder of BeDeviceWise, discusses what this means for young people's mood, mental health and relationships, and shares practical steps parents might find helpful.

Is Your Teen Having Friendship Issues? How Parents Can Help Friendships are central to teenage life and can lift or unsettle a young person within a day. Parenting coach and author, **Anita Cleare** offers guidance on supporting teens through friendship shifts, peer dynamics and periods of conflict.

Helping Your Teen Deal with Bullying - for Parents With around 1 in 5 young people experiencing in-person bullying, this programme looks at the emotional and psychological impact and how parents and schools can respond. **Kat Fuller**, Parent Support Manager at Kidscape, discusses recognising the signs, supporting your child, and tackling both online and offline bullying.

You're Not the Problem - for Teens This short session on bullying was recorded with a teen presenter, and Psychotherapist Carol Lilley. It answers real questions that young people often don't ask, including:

- How do I know if what I'm experiencing is really bullying, especially if people say I'm "too sensitive"?
- What if I tell someone and nothing changes, or it gets worse?
- Why do some adults see it and ignore it?
- If the bullying is online, how can anyone help me feel safe again?
- How do you rebuild confidence after feeling judged or humiliated?

How to Access

If you are new to the Let's All Talk Mental Health hub, please register for your **free pass** here: [\[Purcell 26/26 Link\]](#). (Even if you have registered in previous years, a new registration is required.)

After a few minutes, you will receive an email from **Contrast** with your hub access. If it does not appear in your inbox, please check your junk folder. Then you can visit the hub directly here: [LATMH hub](#)

For any assistance with access, contact the team at: hello@letsalltalkmentalhealth.co.uk.

Wraparound Support

If you've noticed your child feeling tired, anxious, or less motivated, the Let's All Talk Mental Health hub is available 24/7 with expert advice, reassurance, and practical ideas to help.

As part of our wraparound support, LATMH works alongside our school's pastoral provision, ensuring every family has access to timely help, clear guidance, and supportive resources whenever they need them.

It's a great place to explore topics such as anxiety, friendships, motivation, or online pressures, at a time that suits you. Together, we can help our young people find their balance, keep talking, and feel supported.

Follow Let's all Talk Mental Health on socials for clips, tips and hints for the holiday season: [Instagram](#)

We hope the Let's all Talk Resources continue to support you and your family.