



# LET'S ALL TALK mental health

## Draft January Newsletter Comms for Sharing

We hope you and your family enjoyed a restful festive break.

We recognise that this time of year can be challenging for many families. It's common to notice small shifts in the holidays in terms of mood, energy, and motivation when young people step out of their school routine; and you may see a little more pushback than usual as they settle back into an organised rhythm. For those preparing for admissions exams, GCSEs, or A levels, this period can bring an extra layer of intensity too, so it's worth remembering that we are all here to encourage a sense of calm and purpose.

As we head back into the new term, it can be helpful for parents to support teens in re-establishing a healthy routine, particularly around organisation and sleep, both of which play a key role in mood, behaviour, and learning.

Remember that the **Let's All Talk Mental Health** hub includes a diverse range of on-demand recordings on sleep, exam and academic pressure, and many other topics that advocate for a positive sense of self and emotional wellbeing.

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## Live Sessions Return This Month

Let's All Talk Mental Health's live programmes resume this month, and families are welcome to join any of the upcoming sessions:

**12 January** – Teenage Blues or **Depression?** A Parents' Guide

**19 January** – **ADHD** and Teen Pressures: What Parents Need to Know

**26 January** – Tired, Wired and Falling Behind – The Truth About Teen **Sleep**

Please remember, that each session includes 30 minutes audience Q&A time, so it offers a good opportunity to get answers. If you can't make the session live, you can email your questions to the team at [hello@letsalltalkmentalhealth.co.uk](mailto:hello@letsalltalkmentalhealth.co.uk) - they'll do their best to get a response for you.

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## 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](mailto: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.

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