

Anti-Bullying Week

14 - 18 November 2022

Parent Bulletin No. 3: November 2022

The theme this year is 'Reach Out', starting with Odd Socks Day. The aim is to raise awareness of bullying of children and young people, in and out of school.

This month, HFEH Mind are suggesting some ways you can participate as a family:

Why not participate in Odd Socks Day?

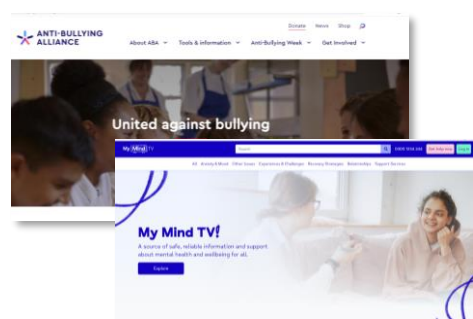
Join us in putting on an odd pair of socks, celebrating our differences and showing how everyone is unique in their own way.

[Anti-Bullying Week 2022: Reach Out \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk)



Watch BBC's live 'Teach Lesson', designed to mark Anti-Bullying Week 2022. This is a half an hour interactive programme, acknowledging some issues surrounding bullying.

[BBC Teach: Anti-Bullying Week Live Lessons 2022](https://www.bbc.com/teach/anti-bullying-week-live-lessons-2022)



As parents, it is natural to worry about bullying. One step to supporting your child is **knowing which people and what resources to seek support from**, such as [My Mind TV](https://www.mymindtv.com) or the [Anti-Bullying Alliance](https://anti-bullyingalliance.org.uk). Do speak to the school if you are concerned about your child(ren).

The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.



We provide a **telephone drop in service** where you can speak to one of our team about your child's mental health and wellbeing.
Please note, this is not a counselling service

Click the link below or scan the code to schedule a call:
[Mental Health Support Team Telephone Drop In Service](https://www.hfehmind.org.uk)

For blog posts, and to learn more about the support we offer, visit our websites: www.hfehmind.org.uk