



# Midhurst Rother College

The best in everyone™

Part of United Learning

29 September 2021

Dear Parent / Carer

## World Mental Health Day 2021

Wear Something Yellow: Friday 8 October 2021.

Hundreds of thousands of young people are struggling with their mental health – and too often they can't get support when they first need it.

Next week we are showing our young people, their parents and carers, that they're not alone with their mental health. We will be raising funds for Young Minds, a charity which focusses on making mental health support easily available to teenagers.

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

On Friday 8 October we will be wearing something yellow to show our awareness and concern for young peoples mental health. School students will replace one item of their uniform with a yellow alternative. **This is not an own clothes day.** For instance, yellow shirts, socks, hair ties and hair bands, shorts, jumpers and trousers are all acceptable.

There is no pressure to give but, if you can, your contribution will be hugely appreciated. A link to our dedicated Midhurst Rother College JustGiving page is here:

[N Williams is fundraising for Young Minds Trust \(justgiving.com\)](#)

There will also be:

- Canteen will be selling Yellow cakes
- A photobooth for instant pictures with friends (£1 each)
- Tutor time activities and competitions

A donation of £5 will help young people find peer support for their mental health difficulties.

A donation of £10 will put a trained advisor on a helpline for worried parents.

A donation of £30 provides a one-hour consultation for a parent or carer with a qualified mental health professional to provide clinical advice and guidance.

Yours Sincerely

Paul Thompson  
Wellbeing Team

Nikki Williams  
Wellbeing Team

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