



Etone College
www.etonecollege.co.uk

22nd September 2026

Dear Parent/Carer

Supporting Mental Health and Wellbeing at Etone This September

At Etone College, we are committed to promoting positive mental health and wellbeing for all our students. As we begin the new academic year, we would like to share some of the activities and support available throughout September to raise awareness of youth mental health and ensure all students know where to access help when needed.

Youth Mental Health Day Activities

To mark **Youth Mental Health Day** and **World Suicide Prevention Day**, we will be hosting a Mental Health and Wellbeing Pop-Up Stand at break time on Monday 14th September. This stand will provide students with information about:

- Positive wellbeing and self-care strategies.
- Common triggers that can affect mental health.
- How to identify when they may need additional support.
- Where and how to access help both in and out of school.
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Our dedicated **Wellbeing Ambassadors** will be supporting this initiative by helping to signpost students to appropriate support services and encouraging open conversations about mental health and wellbeing.

Open Evening Wellbeing Stand

During our upcoming **Open Evening**, there will be a **Mental Health and Wellbeing Stand** available for prospective pupils and their families.

The Wellbeing Team and our Wellbeing Ambassadors will be on hand to:

- Talk about wellbeing support available at Etone College.
- Share their experiences of promoting positive mental health within the school community.
- Provide information leaflets and resources for pupils and parents.
- We look forward to welcoming families and highlighting the many ways we support student wellbeing at Etone.



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Matrix
Academy Trust
EDUCATION WITHOUT EXCEPTION

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Accessing Support

We encourage all students and families to seek support whenever it is needed. Information and resources can be found on the [Etone College website](#), where you can access guidance, wellbeing information, and links to external support services.

Students and families can also access support from:

- **Kooth** - Free, safe and anonymous online mental health support for young people.
- **Young Minds** - Advice and resources to support young people's mental health.
- **Samaritans** - Confidential emotional support available 24 hours a day.
- **Warwickshire Family Information Service** - Information, advice and support for children, young people and families.

In light of the upcoming 'World Suicide Prevention' Day we would like to take the opportunity to highlight our Trust charity for the year 'Papyrus', a charity dedicated to prevention of young person's suicide. This year, staff from across the trust completed the Hadrian's walk challenge to raise money for this charity and so far, the Trust has raised over £40,000 to support this charity with their mission.

At Etone College, we believe that mental health is just as important as physical health. By working together, we can ensure every young person feels supported, valued and able to thrive. If you have any concerns regarding your child's wellbeing, please do not hesitate to contact the school through your child's House Office or speak directly with Rachael Price, Designated Safeguarding Lead (DSL), who will be happy to offer support and guidance.

Thank you for your continued support as we work together to promote positive mental health and wellbeing for all members of our school community.

Yours faithfully



Mr I Smith
Headteacher

