



Manorfield Road,  
Driffield,  
East Yorkshire  
YO25 5HR

26 March 2020

Dear All

We understand that this is a very difficult time for everyone and could potentially have a negative impact on people's mental health. Therefore the Whole School Approach team from Hull and East Yorkshire Mind would like to offer our support through this testing time.

The Whole School Approach project offers a wellbeing drop-in whilst working within schools, where students and staff can book an appointment to see one of us if they are feeling down, anxious, worried, in need of a chat or are just wanting information or signposting. We would like to carry on with this drop-in service but via phone call for those that need it. Please note that this is not therapy or counselling. It is an opportunity to have a conversation with no judgement that is kept confidential, providing we do not feel you or anyone else are at risk of harm.

We would like to extend this drop-in to parents and caregivers as well as the young people and staff members. If you feel this is something that would be beneficial to you please get in touch using the information below. The 15 minute slots are available between the following times/days:

**Staff Tuesday 10am-12pm**

**Years 7 - 11 Wednesday 10am – 12pm**

**Years 12 & 13 Wednesday 12pm – 1pm**

**Parents & Caregivers Thursday 10am – 12pm**

To book a slot please email [smulligan@heymin.org.uk](mailto:smulligan@heymin.org.uk) stating your name, school, which category you fall into, year group if applicable, your telephone number and your preferred time. You will receive an email back to confirm your time slot. The appointments will be on a first come first served basis. \*Please note days/times are subject to change.

Kind Regards

Sally Mulligan

Whole School Approach Practitioner - Hull and East Yorkshire Mind

