



Mental Health Newsletter

October 2026

Celebrating an Action-Packed First Half Term & Empowering Our Students!!



From KOOTH to Soluna: Next-Level Support for Your Child

This week, we hosted exceptional assemblies with our KOOTH link worker, **Elena** who delivered a powerful message to all students on the support KOOTH can offer and how students can access this.

-  **A Proud Message for Parents:** Elena went out of her way to praise our students! She commented on how **spectacularly well-behaved, polite, and welcoming** everyone was all week long.
-  **Instant App Adoption:** We are thrilled to share that a massive number of our students have already downloaded and started using **Soluna by Kooth** to proactively manage their wellbeing!



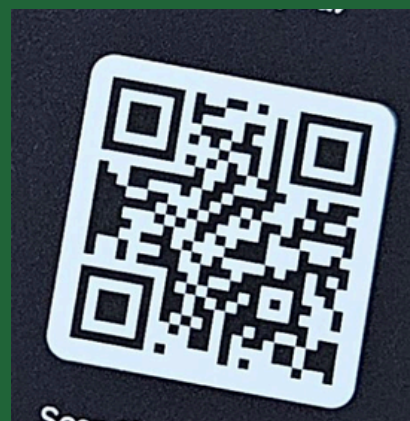
What Parents Need to Know About Soluna:

- **Free & NHS-Backed:** Completely secure, clinical, and trusted digital mental health support.
- **No Waiting Lists:** Instant access with no formal doctor or school referrals required.
- **Professional 1:1 Text Chat:** BACP-accredited safe chat with qualified counselors (Weekdays 12pm–10pm / Weekends 6pm–10pm).
- **Age-Appropriate & Safe:** Fully aligned with the UK Online Safety Act 2023. Spaces are completely pre-moderated so users cannot direct-message one another.



PARENTS: SCAN THE CODE TO EXPLORE!

Point your smartphone camera at the **official Soluna QR code** below to download the app instantly with your child or explore the resources together directly at **SolunaByKooth.com**.





⚽ Action-Packed Partnerships with Everton in the Community

We are incredibly proud to have launched two major collaborative programs this half term to uplift, guide, and protect our young people:

👩 "She Inspires" Programme (Year 7 & Year 8 Girls)

In a fantastic partnership with Merseyside Police and our school's Safer Schools Officer, this program focuses heavily on:

- 🛡️ Raising deep awareness around the safety and protection of women and girls.
- 🤝 Helping students recognize healthy vs. unhealthy relationships.
- 💪 Building real-world resilience, social skills, and peer empowerment.

To the right hand side this is an example of last years She Inspires and the fun day at Liverpool Football County FC - this is something our stduents have to look forward to this year!!!!



"Tackling the Blues" (Year 7 Transition)

Changing schools can be a daunting milestone. Our new transition and low-level mental health sessions have been a joy to watch. The coaches from Everton in the Community couldn't stop smiling when talking about our Year 7s—praising their stellar behavior, focus, and wonderful manners! This is a wonderful group of students who are participating in this years programme and we can not wait to see how much this benefits, empowers and helps our young people to grow and develop.



💡 Coming Next Term: Student-Led Support!

We don't just hand students a program—we listen to them! Next term, our Tackling the Blues students will begin Co-Production Sessions. They will get to directly design, select, and shape the exact mental health topics most important to them, tailoring the support to their exact needs.



Dedicated Support is Available In-School!

If your child is struggling, please remind them that they are never alone. Right here on the school premises, we have a robust, caring network of staff dedicated to their wellbeing. Support can be accessed through:

- **Your Child's Year Team:** Immediate, daily guidance from **Year Managers** and **Assistant Year Managers**.
- **Senior Leadership:** Oversight and dedicated student care from our **Assistant Associate Principal**.
- **Specialist Care:** Targeted, confidential support from our in-house **Mental Health Team**- Miss McGuirk and you can contact her on l.mcguirk@ahs.omegamat.co.uk. She is always happy to give advice, listen, support and sign post to most appropriate support

Encourage your child to reach out to any of these friendly faces during the school day, or contact the year team directly to voice any concerns.

Parent Guide: How to Chat About Mental Health

Talking to teenagers about their feelings can feel tricky. Here are a few quick tips to help open up a safe conversation at home:

- **Pick low-pressure moments.** Conversations often flow better side-by-side—like while driving, washing up, or out for a walk—rather than sitting face-to-face.
- **Ask open questions.** Instead of asking "Are you okay?" (which easily gets a one-word answer), try "What was the best and most stressful part of your day today?"
- **Validate, don't immediately fix.** Sometimes they just want to be heard. Phrases like "That sounds really frustrating, I can see why you feel that way" work wonders before jumping into problem-solving mode.
- **Explore tools together.** Sit down and look through the **Soluna** app together. Let them lead and show you the interactive tools they like, such as the Noise Cleanse or the journaling pages.
- If you have any concerns with mental health or feel your child is in a crisis then please reach out to YPAS via <https://www.ypas.org.uk/what-we-do/well-being-services/wish/> where you can make an appointment or attend their drop in sessions. The details on where to access YPAS are below.



Young Person's Advisory Service



Central Hub

36 Bolton Street

Liverpool

L3 5LX



0151 707 1025

Other external support for Mental Health include:

CAMHS crisis line - 0151 293 3577 or 111

Childline -08001111 9am -midnight

Smaritains -0845 90 90 90 or text 0845 90 91 92

KOOTH- www.kooth.com

Shout - Free text service 24/7 text 'SHOUT' to
85258

GP- you can access support via your GP service
if you feel unsafe or at risk



★ A MAGNIFICENT HALF TERM—WELL DONE EVERYONE! ★

Thank you to all our parents, staff, and incredible students for making our school community a safe, welcoming, and supportive place to thrive.

AMBITION

RESPECT

COMMUNITY