

Dear Parent/Carer

I hope you and your families are all well and safe. Thank you for all the positive comments coming to school about the support we are providing for our children. It is very encouraging for staff to hear that we are helping so many young people and their families at this difficult time.

I am writing to highlight this week's Mental Health Family Hour on Thursday at 10am. This week's topic is a very difficult and sensitive subject but one that may have affected families. Sam is hoping to get more people talking about the subject of suicide and suicide prevention and will signpost to services that are available for help. I do hope you find this email link helpful and Sam's advice and guidance.

Thank you

Kind regards

Mrs Wilson

Deputy Headteacher

Balshaw's CE High School, Church Road, Leyland, PR25 3AH, Tel: 01772 421009

Your Word is a lamp for my feet and a light on my path. (Psalm 119, vs 105)

Mental Health Family Hour - Suicide prevention

Good afternoon,

I hope this email finds you safe and well.

This Thursday (4th) at 10am, the Mental Health Family Hour will be returning to talk about suicide prevention. This episode may be triggering for some people, as we will be talking about suicide and attempted suicide. We are going to be joined by three guests, one of which will be sharing his story of attempting to take his own life. Myself and Dave have both personally been impacted by suicide and it is extremely important that we open up the conversation about this. If anything does upset you when watching this, please do email me following the episode. We will also be signposting to all available services and this will also be in the YouTube description too. We will also talk about what we can do as individuals to help prevent people taking their own life, what is already out there in the community and some statistics.

This is the link to the stream for 10am on Thursday - <https://youtu.be/IYDXUAY3gQE>

We are streaming live via YouTube this time, rather than Twitch. This should give more people access to watch live. Please do share this with your networks and as always, I will share the recorded episode with you afterwards.

If you have any questions in regards to this topic that you would like answering, please send them to me beforehand. There will be no chat function for this stream.

**Kind regards,
Sam Tyrer**

Prevention and Engagement Lead
Nursing & Quality Directorate
Lancashire & South Cumbria Foundation Trust

E: sam.tyrer@lscft.nhs.uk

W: www.lancashirecare.nhs.uk

M: 07970392380

P: Trust HQ | Sceptre Point | Sceptre Way | Walton Summit | Preston | PR5 6AW