



3rd July 2026

Dear Student,

Please see the message below and attached poster sent on behalf of the MHST:

The Mental Health Support Team (MHST) working within your school is sharing this poster for students experiencing symptoms of low mood or anxiety. If you think you are experiencing either low mood or anxiety, or symptoms listed on the poster and would like support on managing this and improving your experience. The MHST could help.

Please complete the form by:

Following the link on the poster

Or

Scan the QR code to complete the form

Once received by the MHST, you or your parent/carer(s) will receive confirmation of your request.

A practitioner from the MHST will then speak with a staff member from the relevant team during school opening hours, who will make contact with your parent/carer(s) to agree a referral can be submitted on your behalf.

Yours faithfully,

Roxy Ahmad
Deputy DSL / Deputy Mental Health Lead