



16th November 2021

Dear Parent/Carer

Opportunity to access free mental health support for your child

We have the opportunity for families of pupils in Years 7 to 11 to access free mental health support for their child. This is through a clinical trial being organised by Warwickshire University.

Concerns around mental wellbeing in childhood and adolescence can lead to more difficulties in young adulthood and beyond. Providing support before these difficulties occur can have an important impact on outcomes and parents/carers are an important source of support. There is a large amount of evidence for interventions to prevent depression and anxiety directly targeted towards young people. However, research into interventions targeting parents/carers is limited.

Researchers at the University of Monash in Australia have successfully developed an online, parent-focused programme (Partners in Parenting) which provides families with either a personalised programme in the form of nine modules or a standard educational package to support their child with their mental wellbeing. The personalised programme covers topics such as how to create a positive and nurturing family environment and help families develop a range of skills and knowledge to support their child's mental wellbeing. The standard educational package consists of factsheets which include information on adolescent development and mental health.

The University of Warwick has adapted the Australian Partners in Parenting website for use in the UK. This was adapted following guidance from parents/carers and teachers in the local area. The PIPA trial is exploring the effectiveness of the personalised programme and standard educational package, to see which is best at helping parents to reduce depression and anxiety in their children. The trial will involve approximately 433 families in England. We are inviting parents/carers of children aged 11-15 years attending secondary schools in the UK to participate in the trial.

If you are interested in being part of the trial please email your child's pastoral team, and a member of staff will contact you with further information and details.

Yours sincerely

A handwritten signature in black ink, appearing to read 'C Place'.

Ms C Place
Assistant Headteacher

A handwritten signature in black ink, appearing to read 'M Dunn'.

Mr M Dunn
Headteacher

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