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Our Ref: AM/CC

Dear Parent/Carer

Listening Time4U

As part of Speyside High School's approach to Mental Health and wellbeing, we are offering pupils an opportunity to engage with the Listening Time4U initiative which will be delivered by the charity, Listen Well.

This opportunity will allow young people to be referred to a trained Listener from the Listen Well Charity who will help with understanding of feelings and work towards self-found solutions. No advice will be given by the Listener but it will allow our young people on an individual basis to talk about their worries and feelings in a non-judgemental, confidential manner over a 40 minute session.

This service would be suitable for young people who may be experiencing issues such as:

- bullying
- making friends
- family problems
- feeling down, sad or fearful
- feeling anxiety around homework or exams
- feeling uncertain about choices for the future
- having worries about drugs, alcohol or sexuality

The Listening Time4U service will commence on Thursday 7 June and will be offered on a weekly basis for an initial period of 6 months.

Your child will be issued with a 'Pupil Information' leaflet in due course during PSE. Please find attached a parental leaflet outlining the service in more detail.

If you feel your son/daughter would benefit from this service, please contact your child's Guidance Teacher directly. Your child may wish to request an appointment via their Guidance Teacher or it may be a service suggested to your child through dialogue with their Guidance Teacher.

Yours faithfully

Mrs A MacInnes

Principal Teacher of Guidance – Fiddich House



Healthy
Respectful
Responsible
Achieving
Ambitious
Dedicated