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**ACTION FOR CHILDREN**

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Dear Parents/ Guardians,

I am writing to you to inform you that The Blues Team from Action for Children will be working with Rhyl High School to begin the delivery of 'The Blues Programme'. This is a 6 week Cognitive Behavioural Group Programme designed to help teenagers with symptoms of anxiety, stress and depression.

It has been found that 75% of adults with lifelong mental health issues first experience symptoms by the age of 18, therefore Action for Children aims to create a positive impact on the mental health of young people in its national programme being run out over the UK.

The programme aims to reduce signs of anxiety and depression as well as preventing any existing symptoms from developing further. The programme actively engages students in weekly one hour group sessions, which consist of increasing their involvement in pleasant activities, learning and practising cognitive restructuring techniques and developing response plans to future life stressors. All students in Years 9 & 10 will be asked to complete a questionnaire to assess suitability and if so will be invited to attend the programme. This is a voluntary programme being offered with school support.

If you would like further information please go to: <https://www.actionforchildren.org.uk/what-we-do/children-young-people/blues-programme/>

Yours sincerely,



Nick Appleton  
Cydlynnydd Gwasanaeth/ Service Coordinator