



Information sheet and consent form for parents/caregivers

Dear Parent/Guardian,

We are excited to inform you that your child will soon be participating in a Mind of the Student Mental Health Training Day at their school. This day-long event will cover a range of crucial mental health topics, including depression (all years), anxiety (all years), confidentiality (all years), social media (Years 7, 8, and 9), and exam stress (Years 10-13).

Each session is carefully designed to provide comprehensive education and equip students with valuable tools to manage their mental well-being independently.

We cordially invite your child to take part in this research initiative by Mind of the Student.

The primary objective of this research is to assess your child's current understanding of mental health and their level of confidence in managing their own mental well-being. The study comprises two questionnaires: one to be completed prior to attending the training day (pre-training questionnaire) and the other afterward (post-training questionnaire). Each questionnaire is estimated to take approximately 10 minutes to complete.

Participation is entirely voluntary, and both you and your child have the freedom to withdraw from the research at any time. Prior to making a decision, we urge you to carefully review the following information. Should you have any questions, uncertainties, or require further details about the study, please do not hesitate to reach out to the researchers via email.

Additionally, feel free to contact the researchers with any queries or concerns you may have during or after the completion of the study.

**We advance mental health
education in schools.**

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mindofthestudent.org.uk
We educate on mental health...
school by school. Registered charity in
England and Wales (1165035)

Registered Charity: 1165035



For your convenience, the questionnaires are accessible via the following link.

<https://mindofthestudent.org.uk/questionnaires/>

This research is conducted by Jaylan Sesli (jaylan@mindofthestudent.org) and Ellie Richardson (ellie@mindofthestudent.org).

Warm regards,

A handwritten signature in black ink, appearing to read 'Jaylan Sesli', with a stylized flourish at the end.

Jaylan Sesli

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