

Dear Parent/Guardian,

Your child will be taking part in Action Mental Health's World Mental Health Day fundraiser on

Go Purple is an opportunity to raise funds for local mental health charity Action Mental Health.

One on five of us will experience a mental health problem at some point in our lives and half of all problems begin **before the age of 14**.

Action Mental Health is committed to promoting resilience and fostering positive mental health and wellbeing for future generations.

Please find a sponsorship form with this letter. We will be collecting and receiving donations on

so please send your child to school prepared.

Thank you for supporting our chosen charity Action Mental Health.

Yours faithfully,

