

Dear Friends,

I am writing to thank you and your school for participating in the Heads On Hearts of Gold project.

Here at Heads On, we have loved seeing all the decorated hearts of gold and know the staff at Sussex Partnership NHS Foundation Trust have really appreciated seeing them too. Raising mental health awareness in your local community can really make a person's day and let them know they are not alone when experiencing their own mental health issues. We have seen the demand for mental health support significantly increase during the pandemic, including amongst NHS staff. We really hope the project has brought young people, adults and families some joy and resources to help during this lockdown.

If you have any feedback with regards the project and resources we have provided, we would love to hear from you – the good or bad.

We are also thinking of providing another, new online art session in the next few months and we would love to hear from schools about what they would like to see as an art project and the mental health subjects you would like us to provide resources for, to help support young people during these unprecedented times. Art has been shown to boost confidence and make us more engaged and resilient; it can even help alleviate anxiety and depression. We will send out further details closer to the time but if your school and/or pupils would like to register your interest already or provide us with some insight to the resource subjects your pupils, families and teachers require, please do let us know!

To provide feedback or register your interest in the next art project please email headsoncharity@sussexpartnership.nhs.uk or ring 07471 031 612.

Once again, thank you for participating, raising mental health awareness and spreading joy and hope throughout our communities.

Warmest regards,



Rachael Duke
Head of Charity

Heads On, Sussex Partnership NHS Foundation Trust's charity (Reg. Charity No. 1051736)

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07471 031 612

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@headsoncharity

Heads On rely on the generosity of the local community to continue with their Covid-19 response, supporting people who are most affected by the pandemic. If you would like to make a donation, get involved with fundraising or take part in an event such as the NHS Big Tea this summer, please email headsoncharity@sussexpartnership.nhs.uk