

12 September 2025

Dear Parent/Guardian

Building Resilience in Young Minds Service

I am writing to inform you that we will be utilising Building Resilience in Young Minds (BRIYM) to support our students in school as part of our commitment to support the emotional wellbeing of our students.

Children often receive emotional support by talking to someone they trust, such as friends, teachers, a relative or a neighbour but sometimes that is not possible for a variety of reasons. Having a problem can affect a child's behaviour and progress/attainment in school, a school counsellor can help. BRIYM will provide an opportunity for students to talk about things that are concerning them. This can help your child to improve the way they feel about themselves and support your child to deal with life situations and incidents such as stress, anxiety, self-harm, bereavement, relationship issues, anger etc.

A BRIYM therapist will be available two days per week during the school day. These sessions are voluntary and students can request sessions with BRIYM by speaking with their Head of Year or a member of the Safeguarding team. Sessions will generally be 30-60 minutes, students will be informed of the time of this session and expected to attend the session promptly. All communication with the BRIYM therapist is confidential, however the exception to this confidentiality is that if there is a concern of potential risk of harm this will be shared with the Safeguarding team who will take appropriate action where required.

Will you tell me if my child is accessing BRIYM?

Parents will not normally be told if a young person, if over 13, is attending sessions with BRIYM, unless a significant safeguarding issue is raised. These services normally reach more young people in need when accessible through a system of private, self-referral. They are also most effective when a young person feels free to talk in confidence.

We are very excited to offer this service to our students and are confident that this will be beneficial for those that choose to engage with the service. Further information about BRIYM can be found on their website <https://www.briym.co.uk/>

Yours Sincerely

Miss B Davies

Assistant Headteacher – Designated Safeguarding Lead

