

Dear Sir/Madam,

Abbey Community College is the Anchor School in Waterford for Cycle Against Suicide 2016. In tandem with our involvement in this event we are also keen to apply for an Amber Flag for our school. An Amber Flag recognises our commitment to the positive mental health and wellbeing of our students and staff.

We hope to form a Guard of Honour to welcome the cyclists to Ferrybank on Wednesday 4th May and we will host a mental health awareness event on Thursday, 5th May at 9am in Abbey Community College. Please join us for the Guard of Honour on Wednesday, 4th May and help us to bring the whole community together on the dual carriageway to give the cyclists a warm Ferrybank welcome. You can contact me (details below) or triciaquinn@cycleagainsuicide.ie for more details about this.

Jim Breen, founder of Cycle Against Suicide, and a number of guests will speak to students, staff, cyclists and visitors on Thursday 5th May in Abbey Community College. There will be music and fun activities on the day also. We would like to invite a representative from local mental health organisations, community groups and youth organisations to attend this event on Thursday 5th May to help us encourage help seeking behaviour whilst spreading the message that "it's ok not to feel ok; and it's absolutely ok to ask for help".

If you can attend the event on Thursday 5th May please let me know as soon as possible. I will provide a space where a representative of local mental health organisations/youth/community groups can display posters/flyers/leaflets etc... to raise awareness about the help that is available.

I look forward to hearing from you soon,
Warm regards,
Eleanor

Eleanor Uí Chatháin,
Guidance Counsellor,
Abbey Community College,
Ferrybank,
Waterford.
051-832930