

Issue 16:
February
2023

'Kind Minds' Newsletter



Children and young people's mental health and emotional wellbeing Staffordshire

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please get in touch with ideas, contributions or to be added to the distribution list:



louise.andrews-gee@staffordshire.gov.uk

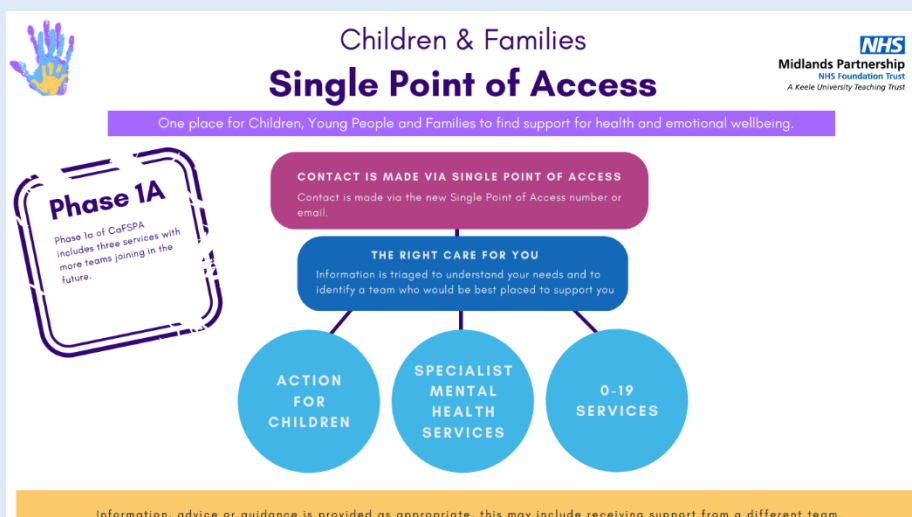
Midlands Partnership NHS Foundation Trust (MPFT) is launching Children & Families Single Point of Access (CaFSPA) for Children and Young People



MPFT was created in June 2018 to provide a single joined-up service around the service user and their family - reducing confusion and duplication when individuals are at their most vulnerable. The way children and families' services are accessed is being streamlined with the introduction of a new single telephone number and email address.

This will be called 'Children and Families Single Point of Access' (CaFSPA) and will be available to schools from **Monday 27 February 2023.**

We ultimately envisage that this will be the single point of access for all services provided by MPFT but our initial phase sees us bringing together services that support **children and young people's emotional health and wellbeing and mental health**, including our existing School Nursing services. As Action for Children are also a provider of these services, we are working in partnership with them to make it simpler for referrers and families to get support.



In its initial phase the CaFSPA service will integrate access to our services across South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth) as per the diagram above.

Through this new 'front door' into our services, we are simplifying the way children, young people and their families / carers can seek care, support and guidance, whilst also streamlining how health and care professionals, alongside others, can make a referral.

The CaFSPA service can be access by calling 0808 178 0611

or emailing CaFSPA@mpft.nhs.uk

The CaFSPA service will triage information provided via telephone or email to understand the needs of the child, young person and their families. The team will make further contact with the young person and family if further information is required to identify a team best placed to offer support.

If your school has an associated Mental Health Support Team (MHST) please liaise with them in the first instance for advice and support. CaFSPA will continue to work closely alongside our colleagues in MHSTs.



Mental Health Leads in Education Network - Get Involved!



Calling all mental health leads in schools and other education settings (including Alternative Provision and post-16 education providers):

If you are not already signed up to the Mental Health Leads in Education Network, don't delay!



This is your opportunity to join a thriving Network, which provides a great opportunity for colleagues to meet with others in a similar role, share ideas and good practice, ask questions of other professionals and access a wide range of information.

Once you're on the mailing list for the Network, you will receive recordings of the meetings and any additional information, resources and presentations that have been shared. This makes sure that you don't miss out, even if you're not able to attend a meeting!

Network members are also given access to our online web platform, which allows you to chat with colleagues in between meetings and continue to share ideas and seek support from peers.

Feedback from a recent Mental Health Leads in Education Network meeting shows that the Network is valued:

"Thank you very much for the meeting, so much information shared, fabulous, thank you!"

"Great meeting, very informative!"



"Thank you, it was great to hear the fantastic work going on"

If you are a mental health lead in a school or within an education setting (including post-16 education), and would like to be added to the MHL Network mailing list, please email:



Staffordshire schools / settings: becky.murphy@staffordshire.gov.uk



Stoke-on-Trent schools / settings: heather.griffiths@stoke.gov.uk

Dates for the rest of the 2022 / 23 academic year:

Date	Time	Districts
Summer Term 2023		
Tue 13 th June 2023	07:45 - 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thurs 15 th June 2023	16:00 - 17:00	
Tues 20 th June 2023	07:45 - 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thurs 22 nd June 2023	16:00 - 17:00	

All meetings will take place via Microsoft Teams. Once you are on the mailing list, you will be sent a Teams link to allow you to join the meeting and you will receive an agenda nearer the time.



North Staffordshire
Combined Healthcare
NHS Trust

UPDATE: Mental Health Support Teams in School - North Staffordshire

The Mental Health Support Teams (MHST) in schools in North Staffordshire (Newcastle-under-Lyme and Staffordshire Moorlands) are looking to extend their provision into more schools and are currently working with Staffordshire County Council and health partners to identify schools that would benefit from this support.

In Stoke-on-Trent, we are planning "getting to know you and introduction to the MHST" event in early March for schools that are due to have trainees joining in the coming months.

You can find out more about MHSTs in North Staffordshire by watching one of our videos on YouTube (<https://www.youtube.com/watch?v=5pAfE1T5jbo&t=3s>)



Click for video!

For more information about MHSTs in North Staffordshire, please visit:



<https://www.combined.nhs.uk/services/mental-health-support-team>





UPDATE: Action for Children Staffordshire emotional health and wellbeing service

Action for Children's Staffordshire Emotional Health and Wellbeing Service is currently planning their next Wellbeing Activity Day on **Wednesday 12 April**, 10am- 3pm at Chasewater Innovation Centre, Pool Road, Burntwood, WS8 7NL. **Please see the poster at the end of the newsletter!*

Referrals and waiting times update

We continue to work hard to reduce our waiting times and get support to children and young people as soon as possible. While our wait times vary depending on the type of support session needed, our current **average** wait times are:



Referral to assessment: 10.5 days



Assessment to first intervention: 11.6 days

Workshops available

Every month we have a series of workshops available to support children and young people who have an open referral with the Action for Children's emotional health and wellbeing service.

Coming up soon we have the following workshops:

- Managing Emotions - for young people aged 7-11 years & 12-18 years
- Communicating with My Child - for parents / carers
- Communication with My Teenager - for parents / carers
- Anxiety, Autism & Neurodiversity - for parents / carers

You can find full details of workshops available each month, including dates, times and how to book onto workshop on our website:



<https://www.staffordshire-ewb.actionforchildren.org.uk/workshops>

Have you visited Silver Cloud?

Silver Cloud is our online support programme available for parents and carers, with topics including Supporting your Anxious Child or Teenager.

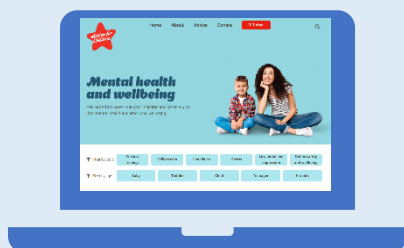
There are also student programmes for body image, resilience, anxiety, low mood, depression and stress available for young people aged 15+



Self-sign up here: <https://actionforchildren.silvercloudhealth.com/signup/>



We also have an excellent website!



In addition to the wealth of information you can find on our Staffordshire emotional health and wellbeing website, we are also pleased to share with you Action for Children's **Build Sound Minds** website, which has advice and activities to support children and parents with their mental health and emotional wellbeing. There is even a 'live' parenting service, where parents can talk on-line to a parenting practitioner!



Visit the Build Sound Minds website here: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/>



If you do require any further information or would like to discuss a referral with the Staffordshire emotional health and wellbeing service, please do not hesitate to contact us:



01782 977 877



StaffordshireEWB@actionforchildren.org.uk



<https://www.staffordshire-ewb.actionforchildren.org.uk/>



Resource - Improving mental health awareness: why is it important and how to do it in your school

A big part of creating a psychologically safe workplace, ending the stigma around mental health and ensuring that people seek help if they need to, involves increasing the mental awareness of your staff and school as a whole.

[Education Support](https://www.educationsupport.org.uk/resources/for-organisations/guides/improving-mental-health-awareness-at-school/) have created a free guide with ideas, tips and approaches for building and improving mental health awareness in your school.

Download this free guide here:



<https://www.educationsupport.org.uk/resources/for-organisations/guides/improving-mental-health-awareness-at-school/>



There are a wide range of other guides available to support education staff with their mental health and wellbeing, which you can find here:



<https://www.educationsupport.org.uk/resources/for-organisations/guides/>





Spotlight on....Domestic abuse and your mental health



Domestic abuse can have an enormous effect on your mental health. It is well accepted that abuse (both in childhood and in adult life) is a significant factor in the development of depression, anxiety and other mental health disorders, and may lead to sleep disturbances, self-harm, suicide and attempted suicide, eating disorders and substance misuse.

New Era is the holistic domestic abuse service operating across Staffordshire and Stoke-on-Trent. New Era offers help to all those affected by domestic abuse, and provides free confidential support for victims, perpetrators and their families.

Support for victims – 24 hours a day, 7 days a week, specialist help is available for all victims when they need it most. The service also has a live webchat facility, available day or night.

- New Era aims to end relationship abuse through a range of individual and group support for adults, children and young people (aged 4-17) for as long as they need it.
- Specially trained New Era staff can help you, whether you've made a report to the police or not.
- New Era provide a range of advocacy services, including help with obtaining non-molestation and other orders, housing issues, advocacy with the police and other statutory services, child contact matters and accessing counselling and other services.
- New Era has dedicated specialist advisors working exclusively with LGBT+, BAMER (Black Asian Minority Ethnic and Refugee) and male victims.

More information about the New Era victim services can be found in a series of leaflets available to download from the Victim Support website:

<https://www.victimsupport.org.uk/resources/staffordshire/>

Services for perpetrators wanting to change their behaviour – anyone displaying unhealthy or abusive behaviour within their relationship, and wants support to change this, can access help from New Era perpetrator services. These are available to everyone. **New Era can also help children under 16 years of age** who need support with relationships-based behaviour and one-to-one guidance around healthy relationships.

Online Training Available – New Era provide free online training courses, for any businesses or organisations across Staffordshire and Stoke on Trent. Topics include '*Understanding Domestic Abuse*', '*Impact of Domestic Abuse on Children and Young People*' and '*Understand and Respond to Domestic Abuse*'. Booking for training can be made through Eventbrite here:

<https://www.eventbrite.co.uk/o/new-era-ending-relationship-abuse-37251124253>



Confidential helpline for victims: 0300 303 3778 (24/7)



Confidential helpline for perpetrators: 01785 904 770 (normal office hours)



Website, for information and to make referrals: <https://www.new-era.uk/>





Spotlight On..... Managing Exam Anxiety and Stress: A Guide for Children and Teenagers

Exams can be a stressful time for children and teenagers, but with the right tools and support, they can learn to manage their stress and perform to the best of their abilities. **Summit Psychology Services' Dr Dawn Bradley** has written this helpful article, providing a guide for education professionals, parents and carers on how to support children and teenagers through exam stress and anxiety.

What is stress and anxiety?

Stress is the body's natural response to pressure or threat. Too much stress can be harmful, while anxiety is a feeling of unease, such as worry or fear, that can range from mild to severe. Both can lead to physical and emotional symptoms.

How can stress and anxiety affect exams?

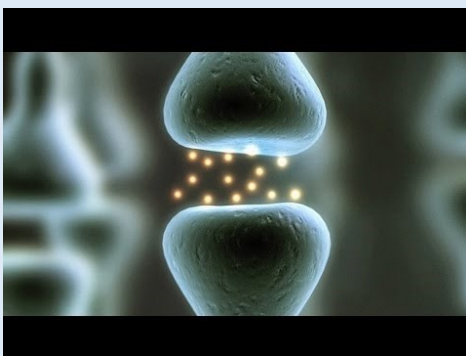
Exams can be a source of stress and anxiety for children and teenagers due to the pressure to perform well. This pressure can lead to worry and fear, which can impact exam performance. For some, anxiety can be so severe that the struggle to start the exam.

What is self-efficacy and how does it impact stress and anxiety during exams?¹

Self-efficacy refers to a person's belief in their ability to perform a specific task or achieve a goal. Children and teenagers with high self-efficacy believe in their ability to handle challenging situations and achieve their goals, which can lead to lower levels of stress and anxiety. On the other hand, children and teenagers with low self-efficacy may experience higher levels of stress and anxiety during exams because they may not believe in their ability to perform well.



Click for video!



Click for video!

What is growth mindset and how does it impact stress and anxiety during exams?²

Encouraging a growth mindset in your child can also be an effective tool in managing stress and anxiety during exams. A growth mindset is the belief that abilities can be developed through hard work and perseverance. When children and teenagers adopt a growth mindset, they become more resilient in the face of challenges and are more likely to see failure as an opportunity for growth and learning, rather than as a reflection of their abilities. By embracing a growth mindset,

your child can develop a more positive and proactive approach to exams and reduce feelings of stress and anxiety.

¹ <https://www.youtube.com/watch?v=H7GbHIZBRWY>

² <https://www.youtube.com/watch?v=X0mgOOSpLU>



Practical strategies for managing stress and anxiety:

1. **Grounding exercises:** bring the person back to the present moment and reduce anxiety and stress.³
2. **Soothing exercises:** calm the mind and reduce stress and anxiety.
3. **Breathing exercises:** regulate the body's relaxation response and reduce anxiety and stress.⁴
4. **Practice self-care:** get enough sleep, exercise regularly, and eat a healthy diet.
5. **Create a study plan:** break the study into manageable chunks and plan out a schedule.
6. **Talk to someone:** if feeling overwhelmed, talk to a teacher, a friend or a family member.

Ways teachers and parents can help during exams:

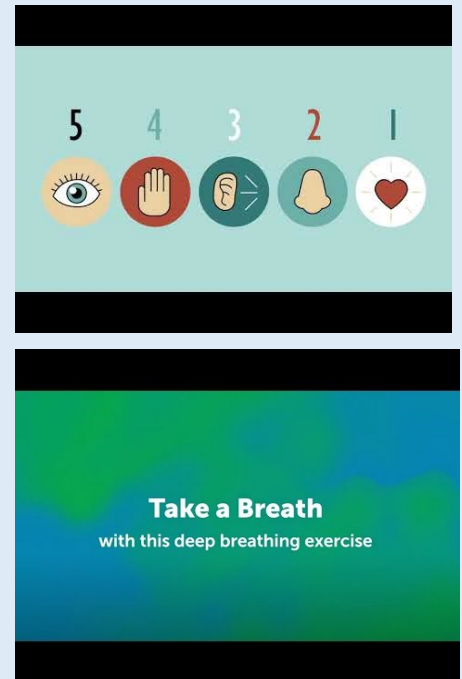
1. **Reduce pressure:** encourage the child or young person to take breaks and participate in fun activities.
2. **Encourage self-care:** emphasise the importance of self-care, such as getting enough sleep and exercise.
3. **Foster a growth mindset:** encourage the child or young person to focus on the process of learning, rather than just the outcome of the exam.
4. **Provide support:** offer support and listen to the child or young person's concerns and worries.

It's important to keep in mind that everyone experiences stress and anxiety differently. Some children may need more support and guidance during exams, while others may need more space and independence. It's important to listen to your child's needs and offer support in a way that works best for them.

Managing stress and anxiety during exams can be a challenge for children and teenagers, but with the right tools and support, they can learn to manage their emotions and perform to the best of their abilities. Encourage your child to focus on their strengths and positive aspects of the exam process, and remind them it's okay to focus on their strengths and the positive aspects of the exam process - don't forget to remind them it's ok to feel stress and anxiety!

With thanks to Dr Dawn Bradley, Director of Applied Psychology and Wellbeing at Summit Psychology Services. Summit Psychology Services offer training in all the areas referenced in this article and have a team of experienced and specialist Educational Psychologists and therapists. For more information, please visit the website:

 <https://www.summitpsychologyservices.co.uk/>



**Click the pictures above
for videos!**

³ <https://www.youtube.com/watch?v=30VMIEmA114>

⁴ <https://www.youtube.com/watch?v=cvflhGzINJ4>






'The Game' - Online Safety Update


Staffordshire Police have received reports of a viral post circulating on social media about an alleged self-harm game called 'The Game' being shared on Roblox, Facebook and Snapchat.

Due to the potentially dangerous and worrying nature of this game, we understand the concerns that parents, carers and safeguarding professionals may have, and have rounded up some useful resources that can support you:

INEQE Safeguarding Group have produced information on how to raise awareness vs. sharing harmful content and what you can do:

 <https://ineqe.com/2023/01/13/roblox-harmful-content/>


CEOP guides to **socialising online**, with information about gaming, sharing pictures and videos and critical thinking online. See the range of information here:

 https://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/

CEOP has **support services**, with information on places you can go for help if you need it - young people can find help if they are worried about something they have seen online, are seeking support online or want advice about speaking to an adult:

 https://www.thinkuknow.co.uk/11_18/lets-talk-about/support/

Childline has information on how to remove a nude image shared online with their Report Remove tool, available for all young people in the UK. Please visit:


 <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>



UPDATE: SPACE 2022 Report



Space 2022 is pleased to share their annual evaluation, which can be found here:

 <https://staffordshire-pfcc.gov.uk/cms/wp-content/uploads/Space-2022-Report-FINAL.pdf>

Young people's mental health after the pandemic is an ongoing concern, along with the cost of living crisis, and these pressures can compound during the school summer holidays for some families.

Space provides free and subsidised activities to families at a time when support is really needed - **watch out for updates about Space 2023 in the upcoming issues!**

For more info, please visit: <https://staffordshirespace.uk/>



School anxiety and refusal: How parents can help their child get through tough times



BBC Bitesize has produced support for parents around school phobia or school-related anxiety. This is also known as emotionally-based school avoidance (EBSA).

This can happen at any age, and it can be more common among children with additional or special educational needs (SEN). There can be many reasons why your child might experience school anxiety, but dealing with it can be stressful for you as a parent, as well as your child.

The BBC Parent's Toolkit provides advice on how to handle 'school refusal' and where to go for help.



<https://www.bbc.co.uk/bitesize/articles/zdkn3qt>

Harmful sexual behaviour in school resources



The Harmful Sexual Behaviour Support service has now closed.

As the service comes to a close, SWGfL, in partnership with Marie Collins Foundation, have produced some free resources which can help professionals, schools and other children's organisations to tackle harmful sexual behaviour effectively.

You can find a school template policy for harmful sexual behaviour, a risk assessment template, how to write effective referrals guidance and a frequently asked questions document.

You can also find a harmful sexual behaviour online video training module as well as other resources.



<https://swgfl.org.uk/resources/harmful-sexual-behaviour-in-schools/>

PSHE DIGEST
February 2023

COVERED IN THIS MONTH'S NEWSLETTER:

- What's new in PSHE and Media
- Updates from National Partners
- Updated resources from Staffordshire & Stoke
- Update of National Register
- SEN updated online safety guidance
- Children's Commissioner report & resources
- Preventing child sexual exploitation
- Health Social Media Body image & self-harm
- Childcare and sex education - online safety
- Update from local partners
- 'Harmful & Harmful' Professional Guidance
- Parent and Carer Webinar
- Resources to support key dates/themes
- 11 Nov Zero Discrimination Day
- 18 Nov Global Recycling Day
- 19 Nov Child Exploitation Awareness Day
- 20 Nov World Oral Health Day
- 21 Nov International Day for the Elimination of Racial Discrimination
- 22 Nov International Transgender Day of Visibility
- 23 Nov International
- Food & Nutrition - volume of work & free resources
- Hold the Stamp Line
- New PSHE Quality Marked Resources
- Training Opportunities
- Our Social Media
- Supporting Online
- Your Feedback Welcome

MEETING RECORDINGS

Thank you to those who attended our session. For those who were unable to attend these meetings, please find links to the recordings for viewing at your convenience. Please remember to complete the reflection survey to share your views.

PSHE & Homophobia

We are really pleased to share the new logo for the new Staffordshire PSHE Co-ordination service. The branding has been designed to represent the multi-agency partnership around the service to ensure quality & consistent PSHE education across Staffordshire and Stoke-on-Trent and the benefits of topics covered within PSHE to enable children and young people to thrive.

Another exciting development is the creation of our website which will include a portal space for education providers containing resources linked to topics. Stay tuned for the launch!

PHSE Digest - How to sign up



Personal, Health, Social and Economic (PHSE) education helps children and young people to stay safe, healthy and prepared for life's challenges and opportunities both now and in the future.

Natalie McGrath, the PHSE Co-ordinator (Staffordshire) produces a monthly **PHSE Digest** packed with updates, resources, training opportunities and PHSE news.

Sign up to receive the PHSE Digest by emailing Natalie:



natalie@staffscvys.org.uk





International Women's Day Wednesday 8 March 2023



This International Women's Day, we can embrace equity and create an inclusive world. We can challenge stereotypes, call out discrimination, draw attention to bias and seek out inclusion.

The theme for 2023 is **#EmbraceEquity**. You can get involved and find out more at <https://www.internationalwomensday.com/>

For International Women's Day 2023 and beyond, let's all fully **#EmbraceEquity**. Equity isn't a nice-to-have, it's a must have!

Equity is not the same as *equality*:

Equality means each individual or group of people is given the same resources or opportunities.

Equity recognises that each person has different circumstances, and allocates the exact resources and opportunities needed to reach an equal outcome:



Here are some resources to help you and your school to #EmbraceEquity this International Women's Day:

Resources from the Anna Freud Centre:



Primary - celebrate difference and diversity of the school population:

- The same but different: assembly plan - <https://mentallyhealthyschools.org.uk/resources/the-same-but-different-assembly-plan/>
- What does gender equality mean to your pupils? - <https://mentallyhealthyschools.org.uk/resources/what-does-gender-equality-mean-to-your-pupils/>

Secondary and Further Education - deliver lessons about the rights of women and girls, about gender-based violence and healthy relationships:

- Learn without fear: girls' rights school pack - <https://mentallyhealthyschools.org.uk/resources/learn-without-fear-gender-based-violence-school-pack/>

Education staff - Outside the Box: promoting gender equality & tackling sexual harassment in schools: <https://mentallyhealthyschools.org.uk/resources/outside-the-box-promoting-gender-equality-tackling-sexual-harassment-in-schools/>



Resources Oxfam:



Oxfam have classroom activities for ages 9-14 to support learning about gender equality and take action for a fairer world.

This teaching resource can be used to support International Women's Day or any day of the year. It includes an assembly, quiz, activities and games to get young people learning and thinking about gender equality and any action they might like to take in response.




Download the classroom activities here: <https://www.oxfam.org.uk/education/classroom-resources/international-womens-day-assembly-and-activity-ideas/>

Lift someone out of loneliness



Feeling lonely is something that all of us can experience at any point in our lives, which can have a negative impact on our health and wellbeing.

There are lots of simple actions that you can do to help others who may be feeling lonely, including:

-  Giving a friend or family member a call
-  Inviting someone for a walk
-  Reaching out to those you haven't heard from for a cuppa

Find out how you can help lift someone out of loneliness this winter:

www.nhs.uk/every-mind-matters/life-challenges/loneliness/ #EveryMindMatters

Wellbeing College: A new term and a new prospectus!



The North Staffordshire Wellbeing College is about to launch for its spring term, with the first workshops starting end January 2023. The College has built on the courses and partners that it was able to offer last term and there is a range of new topics and workshops being delivered across the region.

This term, which runs until March, will work with more partners and deliver more workshops than the previous term. The workshops will focus on themes such as:

- Connect, adjust, include: living with a learning disability
- Solution Focussed Recovery and Substance Misuse
- An exploration into food, mood and body image
- Expressive writing
- Think employment
- Any many more!

To read more about the community partners involved, to hear about how the College is building on the success of the first term and to view the Spring Term Prospectus, visit:

<https://www.combined.nhs.uk/wellbeing-college-a-new-term-and-a-new-prospectus/>



Step by Step is a Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide.

Nobody likes to think about a death in school. Yet suicide is a leading cause of death for young people in the UK. Sadly, it is always a possibility that a student, parent or member of staff might choose to take their own life.

Samaritans' **Step by Step** service supports organisations working with young people so that they can respond effectively following the suspected or attempted suicide of someone from within their community; taking practical steps to reduce the risk of further deaths in the area.



The Step by Step service is run by a team of trained volunteers, called Postvention Advisors, who can offer practical support, guidance and information on addressing the impact of a suspected or attempted suicide on the school community.

What is postvention? Postvention is a term given to activities that assist those who have been bereaved by suicide to cope with what has happened. Suicide prevention and postvention are closely linked as postvention can also prevent further deaths.

Read or download Step by Step resources here:

 <https://www.samaritans.org/how-we-can-help/schools/step-step/step-step-resources/>

You can find resources and guidance to support schools in supporting grief and minimising the risk of suicide. Topics include *responding to a suspected suicide, responding to an attempted suicide, breaking the news, creating a response plan, handling the media, funerals, identifying and supporting vulnerable students, memorials* and more.


[Get in touch with the Step by Step service](#) or Freephone **0808 168 2528** and Step by Step will do all they can to help you deal with a situation you may never have faced before.

Find out more about the Samaritans' **Step by Step** service here:

 <https://www.samaritans.org/how-we-can-help/schools/step-step/>

**#TALK
SUICIDE**

You can also sign up for **#TalkSuicide** email updates, download a free booklet about preventing suicide and access free training from Staffordshire and Stoke-on-Trent Talk Suicide Support, here:

 <https://www.staffordshire.gov.uk/DoingOurBit/Get-Inspired/Health-and-wellbeing/TalkSuicide/Home.aspx>





Training and Learning Opportunities



Free accredited mental health courses online



Funded by the UK Government via the Education and Skills Funding Agency, there are a range of free mental health courses that you can complete online – let's improve the lives of those affected by mental illness together.

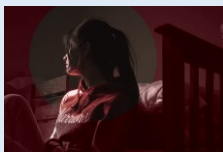
Choose from:



Counselling Skills - this qualification aims to introduce learners to the use of counselling skills in everyday life and work and some of the approaches that underpin the use of these skills. This is a fully-funded, online, 6-week course with tutor support available.



Self Harm Training & Suicide Awareness & Prevention - this qualification is aimed at anyone seeking to improve their understanding and awareness of suicide and self-harm. A level 2 certificate is awarded on successful completion. This is a fully-funded, online, 6-week course with tutor support available.



Mental Health Problems - This qualification aims to raise awareness of mental health and a range of mental health problems. A level 2 certificate is awarded on successful completion. This is a fully-funded, online, 6-week course with tutor support available.



Children & Young People's Mental Health - Gain a detailed understanding of mental health conditions so you can offer appropriate support when a young person needs someone to turn to. This is a fully-funded, online, 6-week course with tutor support available.



Behaviour that Challenges in Children - gain a detailed understanding of how behaviour can be assessed and the avoidance techniques that can help minimise the effects of behaviour that challenges. This is a fully-funded, online, 6-week course with tutor support available.

You can access these training courses and sign up here:

<https://mentalhealthcourses.org.uk/>

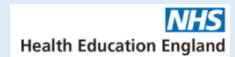
**Please note that for these funded courses there is an eligibility criteria and you may be eligible to pay £100 withdrawal fee if you do not complete the course.*



MindEd e-learning resource



MindEd is a free e-learning resource, funded by Health Education England, the Department of Health and Social Care and the Department for Education, aimed at equipping professionals and members of the public with evidence-based information about children, young people, adults and older people's mental health.



Learning from MindEd is applicable across health, social care, education, criminal justice and community settings, and e-learning is aimed at anyone from beginner through to specialist.

The MindEd Session Brochure is the complete guide to the topics featured on the MindEd hub, including a list of their 500+ free-to-access e-learning sessions, written and created by experts.

Visit: https://mindedhub.org.uk/media/quvlpqkv/minded_brochure_a4_r6.pdf



Evidence Library



"Survival is not easy: capturing the views of care experienced young people on the impact of the Cost of Living Crisis"

The National Learning Care Benchmarking Forum (NLCBF) Cost of Living Report showcases the scale of the challenges that care experienced young people are currently facing with the Cost of Living Crisis.

Over 460 care experienced young people took part on the survey in the last two weeks of November 2022 and shared their experiences:

- 82% said they were struggling to afford food all or some of the time.
- 64% saw their levels of debt increase in 2022.
- 76% recognise the cost of living crisis has impacted their mental health

Visit the NLCBF website and download the report here: <https://www.catch-22.org.uk/news/survival-is-not-easy-nlcbf/>



PAPYRUS
PREVENTION OF YOUNG SUICIDE

PAPYRUS: How to Respond to a Student Suicide: Suicide Safer Guidance on Postvention

PAPYRUS have launched new guidance for universities on how to respond to student suicides. This is a collaboration between PAPYRUS, Universities UK and Samaritans, and provides practical advice for student support teams, including a checklist to guide staff after a student death.

Read the report here: <https://www.universitiesuk.ac.uk/what-we-do/policy-and-research/publications/features/suicide-safer-universities/responding-suicide-advice-universities>



Dates for your diary – mental health and wellbeing celebration days



March	Wednesday 1 st March 2023	Secondary / post primary school places offered (offer day) (England) – resilience and coping with change
	Wednesday 8 th March 2023	International Women's Day 2023 Theme: "#EmbraceEquity"
	Friday 17 th March 2023	World Sleep Day 2023 Theme: Link between sleep and mental health and good sleep hygiene
	Friday 31 st March 2023	International Transgender Day of Visibility Theme: Celebrating transgender people and their contributions to society
April	April and May 2023	Build up to exams and assessments (dealing with anxiety, stress and resilience)
May	15 to 21 May 2023	Mental Health Awareness Week 2023 Theme: 'anxiety'
	June 2023	Students preparing for school, college or university (dealing with change)

Feeling Confused? Below is a summary of who can access which service (of those featured above):

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
South Staffordshire CAMHS (MPFT)	Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth). Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
North Staffordshire CAMHS (NSCHT)	Supports children and young people living up to age 18 in North Staffordshire (North Staffordshire includes Staffordshire Moorlands and Newcastle-under-Lyme) Online referrals and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
New Era Domestic Abuse service	Holistic Domestic Abuse service operating across Staffordshire and Stoke-on-Trent. Support for anyone who has been or is at risk of being a victim of domestic abuse, including young people (aged 4-17) in abusive relationships and those who have witnessed abuse. Telephone or online referrals and self-referrals, via website.



	Support for perpetrators available for anyone displaying unhealthy or abusive behaviour within their relationships and wants to make a change. Available for children under 16 years of age who need support with relationship-based behaviour. Referral via telephone or email, or via website.
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Thank you to our partners:



Staffordshire
Emotional Wellbeing
Service



Wellbeing Activity Day

Bring your children and young people along to learn about their big feelings and emotions in a fun & interactive way!! Ages 5—18.

Easter School Holidays

Wednesday 12th April
10am—3pm



**Chasewater Innovation Centre, Pool Road,
Burntwood, WS8 7NL**

Children to be accompanied by parent or carer

