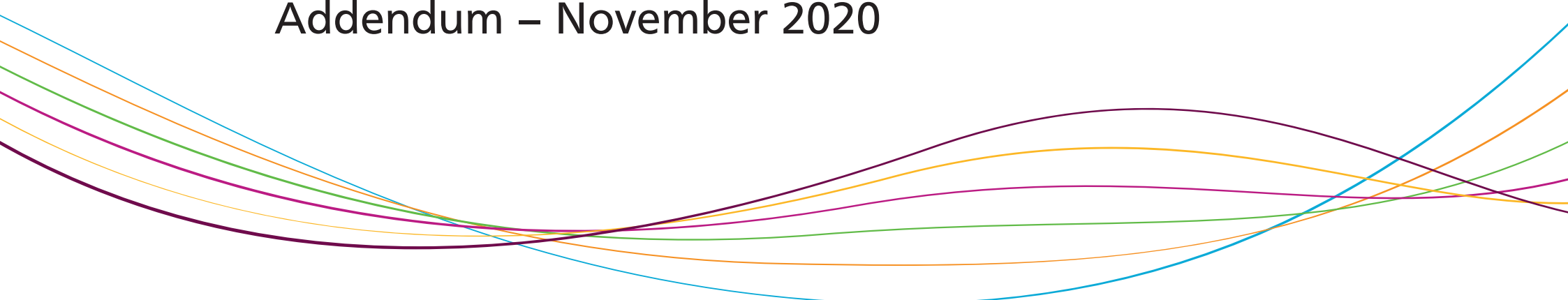


Children and Young People's Mental Health Training Offer For Professionals and Volunteers

Addendum – November 2020



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Introduction

This addendum is intended as a temporary supplement to the [Children and Young People's Mental Health Training Offer – for Professionals and Volunteers](#) published in February 2020. In line with the current COVID-19 restrictions, all of the training included in this update is virtual. The next children and young people's (CYP) workforce training offer will be published in January 2021.

Helping children and young people to build their resilience and to deal with change and uncertainty has never been more vital. During the COVID-19 crisis, many CYP and their families will have experienced a range of emotional responses and varying levels of distress as a result of major disruptions to their lives. Children and young people of all ages are just as affected by instability and upheaval as adults are, and stress, worry, fear and grief are understandable and normal reactions. Most CYP will overcome these emotional difficulties with support and over time. However, a small proportion of CYP may be at risk of developing more severe and long-lasting mental distress, such as depression, post-traumatic stress and anxiety.

Over the coming months, as we continue to deal with the impact of the COVID-19 pandemic and gradually move into recovery and restoration, our wider CYP workforce will be key to helping our children and young people to cope. In feedback sessions, young people have told us that when they are experiencing emotional difficulties they often turn to a professional or volunteer they trust. Members of our workforce will also play a critical role in identifying CYP who may be experiencing emerging mental health difficulties and signposting or referring them to appropriate support and advice, as well as providing some aspects of early intervention. By providing training to increase workforce capacity, we aim to ensure that professionals and volunteers are well informed about CYP mental health issues and services and are confident about the help they can give.

The training listed in this document is intended to add value to any internal continuing professional development programmes that exist within your organisation. Unless specified in the listing, the training is suitable for all

staff and volunteers across the whole of the CYP workforce.

We value the CYP workforce as our most valuable asset and this offer includes a training theme for staff wellbeing so that we can also promote and support the wellbeing of staff and volunteers.

How to use this guide:

Section A

Provides an update on the locally delivered training listed in our original workforce training offer and current delivery in light of any COVID-19 restrictions. The addendum only contains information where there are specific changes or additions.

Section B

Lists some of best reliable and free training opportunities relating to CYP Mental Health for the CYP workforce that have become available during the COVID-19 crisis referred to as 'on demand' training. These include webinars/podcasts from a range of organisations, including the Anna Freud Centre and the Emerging Minds Network.

The details of the available training are listed by organisation and are colour coded by theme.

Returning to school, September 2020

Complex trauma

Other

Bereavement

Anxiety and depression

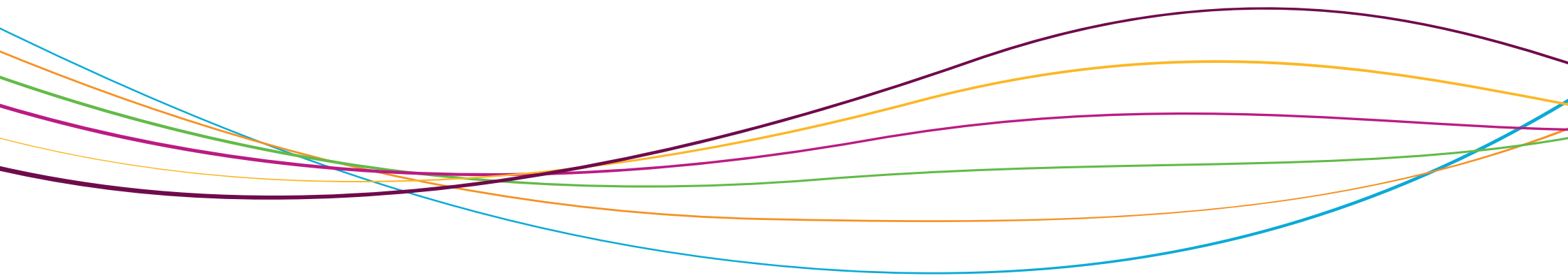
Suicide and self-harm

Staff wellbeing

Autism and ADHD

Section A

Update on locally delivered training



Making Every Contact Count (MECC)

MECC is a healthy conversation skills training course, approved by the Royal Society of Public Health.

Other

- Revised (March 2020) elearning module is now available:

Course Title	Description	Length	To access
What is MECC and why is it important?	In this session you will learn what Making Every Contact Count (MECC) is, the need for MECC and some key messages about health and wellbeing.	90 min	Click here for eLearning

- Due to the pandemic, face to face training has been suspended but NHS Frimley Health Foundation Trust are exploring options for a virtual offer, please contact local MECC lead hilary.naudi@nhs.net to find out more.

* Revision of training from pages 4-5 of [original training offer](#).

Youth Mental Health First Aid - Mental Health First Aid England

Anxiety and depression

Suicide and self-harm

This course qualifies you as a Youth Mental Health First Aider

- Face to face delivery has been suspended, however this course has recently been adapted by MHFA England as a virtual offer. We are prioritising places for those previously booked onto a canceled session and will be in contact with these delegates directly to confirm further details.
- Face to face delivery will resume when it is safe to do so in line with COVID-19 restrictions. New dates (virtual or face to face) will be available from April 2021 and published in the next workforce training offer for bookings.

* Revision of training from pages 12-13 of [original training offer](#).

LGBTQ+ Basic Awareness Training and Intermediate Mental Health Training

- These sessions moved to a virtual offer consisting of live delivery of both modules over one day.
- Due to popular demand, a new date for 2020 has been added in this offer.

Other

Course Title	Description	Date and time	To access
Module 1- LGBTQ+ basic awareness (9.30-12.30)	Live workshop via the GoToTraining online platform.	Wednesday 2nd December 9:30 -16:30	Click here to book
Module 2-LGBTQ+ intermediate mental health (13.30-16.30)			

* Revision of training from pages 14-15 of [original training offer](#).

Psychological Perspectives in Education and Primary Care (PPEPCare)

Psychological Perspectives in Education and Primary Care (PPEPCare) training has been designed to help staff/volunteers in the CYP workforce to:

- Recognise and understand mental health difficulties in children and young people.
- Offer appropriate support and guidance to children, young people and their families using psycho-education and relevant psychological techniques (e.g. using a cognitive behavioural framework).

PPEPCare is delivered by specialist CAMHS, getting help service and mental health support team colleagues in Berkshire Healthcare NHS Foundation Trust; and education psychologists from the local authorities. PPEPCare training for all modules (listed below) is currently being delivered virtually. Face to face delivery will resume as soon as it is safe to do so in line with COVID-19 restrictions.

PPEPCare Modules

Complex trauma

Anxiety and depression

Autism and ADHD

Suicide and self-harm

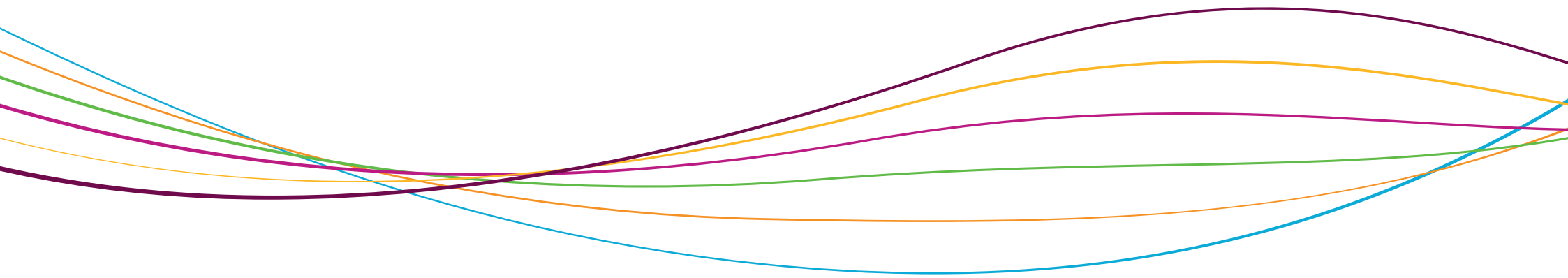
- Overview of common mental health issues in children and young people
- NOW – Having constructive conversations with distressed young people
- Supporting young people with low mood
- Supporting young people with anxiety
- Supporting young people who self-harm
- Behavioural difficulties: Supporting children and their parents via a parenting intervention
- Overcoming childhood (under 12s) anxiety
- Supporting young people with eating disorders
- Promoting resilience in children & young people
- Supporting children and young people with obsessive compulsive disorder (OCD)
- Supporting children and young people with specific phobia
- Supporting children with separation anxiety disorder (SAD)
- Supporting young people with post-traumatic stress disorder (PTSD)
- Autism awareness and autism and mental health

For further information about PPEPCare modules [click here](#). To book a session please use the online form available [here](#).

* Revision of training from pages 9-11 of [original training offer](#).

Section B

Directory of 'on demand' training



The Emerging Minds Network (in partnership with Mental Elf)

Emerging Minds partnered with Mental Elf and have been hosting free webinars series exploring what research can offer to help us best support children & young people's mental health at this time. The series is particularly aimed at parents, carers and those supporting children, young people and families COVID-19 .

Anxiety and depression

Other

Autism and ADHD

Suicide and self-harm

Returning to school, September 2020

Course Title	Description	Length	To access
How can we best support children and young people with their worries and anxiety?	What can research tell us? With Professor Cathy Creswell, Dr Polly Waite & Professor Helen Dodd. Originally aired on 24th March 2020.	40min	Click here for Webinar recording
Screen time and young people's mental health during COVID-19	What can research tell us? With Dr Amy Orben and Dr Peter Etchells. Originally aired on 17th April 2020.	60min	Click here for Webinar recording
Social isolation and children & young people's mental health	What can research tell us? With Dr Maria Loades and Professor Shirley Reynolds. This webinar was for anyone interested in children & young people's mental health and the implications of COVID-19. Originally aired on 21st April 2020.	50min	Click here for Webinar recording
Supporting children and young people with autistic spectrum disorder at this time.	What can research and clinical experience offer? With Dr Jonathan Green and Dr James Cusack. Originally aired on 23rd April 2020.	60min	Click here for Webinar recording
Managing self-harm in lockdown	What can research tell us? With Professor Ann John & Dr Faraz Mughal. Originally aired on 12th May 2020.	60min	Click here for Webinar recording
Back to school after lockdown	School reintegration and youth mental health with Dr Polly Waite, Fran Morgan from Square Peg & Professor Tamsin Ford. Originally aired on 22nd May 2020.	60min	Click here for Webinar recording
Teen sleep during COVID-19	What can research tell us? With Dr Faith Orchard and Dr Dimitri Gavriloff. Originally aired on 27th May 2020.	60min	Click here for Webinar recording
Let us play – children's mental health during COVID-19	What can research tell us? With Dr Wendy Russell and Professor Helen Dodd. Originally aired on 28th May 2020.	60min	Click here for Webinar recording

Massive Open Online Courses (MOOCs)

MOOCs are short courses that are usually run free of charge by major learning providers to expand your knowledge of a particular academic topic or to help you develop a specific skill. They are free to take part in and are open to everyone regardless of age, education level and location. Every run of a course on Future Learn has a set start date but you can join it and work through it after it starts.

Anxiety and depression

Autism and ADHD

Complex trauma

Course Title	Description	Length	To access
Understanding autism, asperger's and ADHD	This free online course, designed by the University of Derby, will encourage you to challenge your own definitions and perceptions of autism and ADHD. You will get an opportunity to examine several key themes around both autism and ADHD in order to obtain skills to help people with these conditions. Endorsed by the ADHD Foundation.	6 units, 3 hours of study per unit	Click here for eLearning
Understanding autism	This free online course via Future Learn is designed by the University of Kent. Understand more about autism, including diagnosis, the autistic spectrum, and life with autism with this CPD-certified course.	4 units, 3 hours of study per unit	Click here for eLearning
Youth mental health: helping young people with anxiety	This free online course via Future Learn is designed by the University of East Anglia to give you an introduction to managing anxiety disorders in teenagers. Ideal for teachers and healthcare professionals.	3 units, 3 hours of study per unit	Click here for eLearning
Anxiety in children and young people during COVID-19	This free online course via Future Learn is designed by the University of East Anglia. Learn about anxiety and discover helpful strategies to support young people struggling with anxiety during the COVID-19 pandemic.	2 units, 2 hours of study per unit	Click here for eLearning
COVID-19: Helping young people manage low mood and depression	This free online course via Future Learn is designed by the University of Reading. Explore practical ways to help young people manage their mood and maintain healthy habits during the coronavirus pandemic.	2 units, 2 hours of study per unit	Click here for eLearning
Understanding anxiety, depression and CBT	This free online course via Future Learn is designed by the University of Reading. Improve your understanding of depression and anxiety and find out more about an effective and evidence-based treatment: CBT	5 units, 3 hours of study per unit	Click here for eLearning
Teaching students who have suffered complex trauma	This free online course via Future Learn is designed by Queensland University of Technology. Find out what complex trauma is, how it affects children and adolescents, and what can be done to help.	2 units, 1 hour of study per unit	Click here for eLearning

Zero Suicide Alliance

The Zero Suicide Alliance (ZSA) is a collaboration of National Health Service trusts, charities, businesses and individuals who are all committed to suicide prevention in the UK and beyond. We are an alliance of people and organisations coming together around one basic principle: Suicide is preventable.

Suicide and self-harm

Course Title	Description	Length	To access
Suicide let's talk	From the Zero Suicide Alliance. Aimed at supporting anyone to build skills and confidence talking to someone who may be considering suicide. All ages.	20 min	Click here for eLearning
We need to talk about suicide	This course from Health Education England is specifically aimed at making sure that everyone in contact with the public, in whatever role, knows how to spot any signs of mental distress and feel comfortable in talking about suicide. Aimed at non-mental health specialist workforce. This course is designed to help all of us recognise the part we can play in preventing suicide in our day-to-day interactions.	60-90 min	Click here for eLearning

MindEd

[MindEd](#) is a free online e-learning resource for everyone with a duty of care for children and young people, whether this is through their work or outside it in a voluntary or charitable capacity. MindEd is developed and supported by a group of multi-disciplinary organisations, known as the consortium. Its members are the Royal College of Paediatrics and Child Health; the Royal College of Psychiatrists; the Royal College of Nursing; the Royal College of General Practitioners; the British Psychological Society; the National Children’s Bureau and YoungMinds.

See pages 6-8 of our [CYP workforce training offer \(February 2020\)](#) for more information about the wide range of MindEd modules also available.

Complex trauma

Autism and ADHD

Staff wellbeing

Suicide and self-harm

Course Title	Description	Length	To access
Introduction to autism spectrum disorder	This session is aimed at a universal audience and focuses on the causes of autism spectrum disorders and will help you to identify children with autism spectrum disorder (ASD).	30 min	Click here for eLearning
Autism and related problems	This session is aimed at a universal audience and covers recognizing the signs and symptoms associated with autism, aspergers and related problems.	25 min	Click here for eLearning
Complex neurodevelopmental problems	This session is aimed at a universal audience and explores the complex presentations and psychological needs of young people with neurodevelopmental difficulties.	30 min	Click here for eLearning
Behavioural management in special education needs	This session is aimed at a universal audience and covers the factors underlying challenging behaviours in children with special educational needs, how to support families and manage these challenging behaviours.	30 min	Click here for eLearning
Supporting autism spectrum disorder	This session is aimed at a universal audience and allows for the development of further understanding of the management of autism spectrum disorder (ASD). It also focuses on some of the related problems and difficulties experienced by children and young people with a diagnosis of ASD.	30 min	Click here for eLearning
Autistic spectrum disorders	This session is aimed at more experienced/specialist users and aims to provide learners with a greater understanding of autistic spectrum disorders present in children and young people, and how to assess and treat them.	25 min	Click here for eLearning

Course Title	Description	Length	To access
Autistic spectrum issues	This session is aimed at a specialist audience: trainee and practising counsellors. It looks at enhancing the effectiveness of counselling work with children, young people, and young adults who are on the autism spectrum.	30 min	Click here for eLearning
Autism spectrum matters	This session highlights some of the specific challenges faced by children and young people on the autism spectrum and their families. It includes positive examples of good practices that have been helpful in improving the experience of every day activities and accessing services.	30 min	Click here for eLearning
Autism: Combining therapies and collaborative treatment	The session briefly recaps the elements of autism and points to other sessions in MindEd where there is more detailed information. It then focuses attention on the complexity of delivering useful interventions across disciplines and across agencies in a coordinated manner that benefits the child and their family.	30 min	Click here for eLearning
Mild to severe learning disability	Children and young people with learning problems are at increased risk of displaying behavioural and/or mental health problems when compared to their non-disabled peers. Up to 50% of young people with learning disabilities are said to display behavioural and/or mental health problems at some time during childhood. This session is aimed at a universal audience and defines learning disability and considers the mental health issues which are important to understand and think about in this group of children and young people.	30 min	Click here for eLearning
Hidden disabilities matter	This session will help you realise that many disabilities are not always apparent from how someone looks or presents. Such disabilities may still have a huge impact on the individual, their family and others they meet and interact with.	30 min	Click here for eLearning
Neurodevelopmental disorders (CT): Families and professionals	This session will provide a brief description of the scope of this course. It will point to other MindEd material that will provide more information. It will outline the likely mental health care pathway, and the need for collaborative working between mental health professionals, the family and other professional systems such as schools. There will be some suggestions about how to enhance these collaborations.	30 min	Click here for eLearning

Staff wellbeing

This [learning path](#) has 5 sections within it. Format – online guides and eLearning modules.

1. Their [Resilience hub](#) has selected the best advice and tips from their large panel of international experts. For all frontline staff created with NHS Health Education England in partnership with NHS England-Improvement, supported by Skills for Care. Themes include:
 - Helping Each Other
 - Tips for managers and team leaders
 - Stress and fear
 - Trauma and distress
 - End of life care and bereavement
 - Further resources for managers
2. [NHS England Supporting Our People](#) Helping you manage your own health and wellbeing whilst looking after others, page contains information on the confidential helpline and text support, wellbeing support apps (free access until the end of December 2020), and 20 short guides to help support you with skills and new ways to improve your experience of work.
3. [PHE Every Mind Matters](#) expert advice and practical tips to help you look after your mental health and wellbeing. This website has also been updated with a section for young people and one for parents.
4. Mindfulness eLearning courses.
5. Links to other resources aimed at health and social care staff.

National suicide and self-harm prevention programme (SSHP)

MindEd is part of the [National Suicide and Self-Harm Prevention programme](#) (SSHP) and aims to help teachers, social workers, volunteers and parents understand better how to approach children and young people in such situations. It offers skills building scenarios and supporting knowledge sessions to help you know the do's and don'ts in these difficult situations:

- How do you talk to a young person whom you suspect of harming themselves?
- What can you say that will be helpful and how can you manage yourself when you may be feeling shocked about the situation?
- How can you improve understanding?
- How can you assess their safety and co-create safety plans?
- Learn more about what helps and what can make things worse.
- What do you do if a young person you support has experienced a death by suicide?
- What are the overlap and the differences between suicidal thinking and self-harm?

The MindEd SSHP programme

The MindEd SSHP programme aims to help you to learn both knowledge and skills in this important area. There is rich video material to illustrate skills and help you, on your own or in wider learning groups, to observe people in these situations and reflect on how you would handle these challenges.

Course Title	Description	Length	To access
Introduction to self-harm	This session provides an introduction to self-harm. The session starts with a knowledge check, followed by information used within the health care setting to gain a better understanding of self-harm among young people.	30 min	Click here for eLearning
Vulnerable groups - An overview	This session is aimed at a universal audience and provides an overview of children and young people who are more vulnerable to developing mental health problems and who may have psychological needs associated with their circumstances.	30 min	Click here for eLearning

<p>Understanding self-harm and suicidal thinking</p>	<p>Young people who self-harm feel they are often misunderstood, something you will discover when watching Lucy and Ayesha's tell their stories.</p>	<p>40 min</p>	<p>Click here for eLearning</p>
<p>Identifying self-harm and what to do</p>	<p>In this session, you will follow Lucy's story to hear her description of her self harm and then see how her teacher brings it up at school. Then you can think about what happens as he talks to his colleague about his own worries. At the end of her story, you will have a clearer picture of self-harm in school settings and what teachers, and others can do.</p>	<p>40 min</p>	<p>Click here for eLearning</p>
<p>Self-injury matters</p>	<p>This session gives insight into self-injury from the perspectives of families who deal with it, including how the response of others affects their experience and outcomes. Tips on how to respond to self-injury and how to find expert help will be explored.</p>	<p>20 min</p>	<p>Click here for eLearning</p>
<p>Self-harm and risky behaviour</p>	<p>This session is aimed at a universal audience and provides the background to self harm in children and teenagers, common associated conditions and the optimal approach to managing it in the community.</p>	<p>40 min</p>	<p>Click here for eLearning</p>
<p>The assessment and management of self-harm</p>	<p>This session provides an overview of the assessment and management of self-harm in respect of young people who present to the service. It provides guidance on the role of primary care, emergency departments and hospital services. It is based on current guidelines and best practices and informed by a number of key publications by Royal Colleges and NICE. This session follows on from Session 'Introduction to Self-Harm', which helps to align attitudes and beliefs for healthcare professionals.</p>	<p>30 min</p>	<p>Click here for eLearning</p>
<p>Post suicide bereavement and postvention</p>	<p>This session will provide you with the skills and resources to open the conversations around suicide.</p>	<p>40 min</p>	<p>Click here for eLearning</p>
<p>Safety planning</p>	<p>The focus of this session is Safety Planning. It is designed to support early and effective intervention in the quest to prevent self-harm and suicide amongst children and young people. You will explore some of the key communication and relational issues. These must be closely attended to in order to co-create effective safety plans. And of course, we describe what Safety plans are and look like.</p>	<p>40 min</p>	<p>Click here for eLearning</p>

Assessing and managing risk	This session is aimed at more experienced users and will help practitioners to recognise and put into practice the key elements of a thorough risk assessment when working with children and young people.	30 min	Click here for eLearning
Risk assessment	This session is aimed at a specialist audience: trainee and practicing counsellors. It covers the key principles of risk assessment and how they might successfully be employed in counselling with children and young people. How a child or young person's capacity to work collaboratively might be temporarily undermined by risk is also considered.	30 min	Click here for eLearning
Managing risk: self-harm and suicidality	This session is aimed at more experienced/specialist users and will focus on the shorter and longer-term management of self-harm and suicidality, building on the assessment frameworks covered in linked sessions within MindEd.	20 min	Click here for eLearning
Complex trauma and post traumatic stress disorder	This session is aimed at more experienced/specialist users and helps practitioners identify responses to persistent or repeated interpersonal ('complex') traumas and current treatment recommendations for complex post traumatic stress disorder (PTSD).	20 min	Click here for eLearning

NHS Wessex Clinical Senate and networks

Course Title	Description	Length	To access
Trauma informed practice in post COVID-19 recovery	<p>This webinar on trauma informed practice in post COVID-19 recovery is provided by the NHS and the University of Oxford It is intended for a multi-professional audience of frontline staff working with children, young people and families in settings such as schools, early help, hospitals and GP surgeries, as well as voluntary, community and faith sector partners. It aims to build an understanding of how trauma informed practice might help us post COVID-19, in restoration and recovery. The webinar features Andrea King, NHS Local Authority Advisor for Hampshire Thames Valley Clinical Delivery and Networks, and Mina Fazel, Associate Professor in Child and Adolescent Psychiatry at the University of Oxford.</p>	120 min	Click here for webinar

National Youth Agency

The National Youth Agency has partnered with The Mix, UK Youth and the Federation of detached Youth Work to produce a webinar series during the pandemic, aimed at supporting youth and community workers. We have shared three webinar recordings below relating to emotional and mental health themes, but view their [webinar series homepage](#) to see their full range of recordings including topics such as youth violence, substance abuse and pornography.

Other

Suicide and self-harm

Course Title	Description	Length	To access
Self harm, self care and young people	By KIP Education, this webinar originally aired on 15th May 2020	80min	Click here for Webinar recording
Bereavement and loss during COVID 19	This webinar originally aired on 5th June 2020	70min	Click here for Webinar recording
Lockdown frustration: young people and anger management	This webinar originally aired on 15th June 2020	80min	Click here for Webinar recording

National Society for the Prevention of Cruelty to Children (NSPCC)

NSPCC held two podcast episodes about how schools have adapted to the coronavirus pandemic. They explore how schools can manage safeguarding concerns, support children and young people and adjust to the new 'normal' as more children return to school.

Returning to school, September 2020

Other

Course Title	Description	Length	To access
Returning to school post-lockdown	Some children and young people are starting to go back to school and teachers are preparing to welcome pupils back after a three-month hiatus. But what has occurred during the past few months? How have schools adjusted to the new 'normal' and what will change now that these pupils have begun to return? Originally aired on 15th Jun 2020.	19 min	Click here for transcript Click here for podcast
Impact of coronavirus on school staff and pupils	Schools have been at the frontline in supporting the wellbeing of vulnerable children since the lockdown began in March 2020. From remote learning and online platforms to taking on a more active pastoral role, how have schools responded to the challenges? This episode explores what professionals from different sectors are doing to safeguard and protect children and young people during this challenging time. Originally aired on 22nd June 2020.	19 min	Click here for transcript Click here for podcast
Living through a pandemic: what children told us	This episode will provide you with an insight into some of the struggles and problems young people have expressed during and after lockdown. Originally aired on July 27th 2020.	26 min	Click here for podcast

Department for Education webinars

The Department for Education (DfE) ran three webinars at the beginning of July 2020, recordings and slides are accessible below.

Returning to school, September 2020

Other

Course Title	Description	Length	To access
Relationships, sex and health education for pupils with special educational needs and disabilities	Aimed at schools, about delivering the new RSHE curriculum for pupils with SEND, including supporting their mental wellbeing. Originally aired on 7th July 2020.	120 min	Click here for webinar recording Click here for slides
Supporting returning pupils and students' mental wellbeing	The DfE in collaboration with NHS England and Public Health England: How to support returning pupils and students. You will hear from experts on the impacts of the pandemic on children and young people's mental wellbeing and recovery techniques, and from education leaders about the actions they have been taking. The DfE in collaboration with NHS England and Public Health England. Note, due to some technical difficulties on the day, the segment 'The Recovery Curriculum' has been updated with a recording. Originally aired on 9th July 2020.	65 min	Click here for webinar recording
Local partnerships supporting schools/ colleges with CYP mental health and wellbeing	Aimed at local system leaders (in local authorities, the health system and VCSE) on responding to children and young people's (CYP) mental health and wellbeing needs as they return to school and college. The webinar highlights the emerging and potential mental health and wellbeing needs of CYP in light of COVID-19; experts and local leaders share their knowledge and experiences developing responses to support CYP during the crisis, emphasising the importance of clear local commitment and strong local partnerships, building upon the incredible efforts of local system leaders and services to support CYP during this difficult time. The DfE in collaboration with NHS England and Public Health England. Originally aired on 14th July 2020.	90 min	Click here for webinar recording

Creative Education

Creative Education (Dr Pooky Knightsmith) offers a range of free 'on demand' courses. Dr Pooky has a PhD in child mental health from the Institute of Psychiatry, is the author of many books, is the research and development director at Creative Education and is a former chair of the Children and Young People's Mental Health Coalition. Dr Pooky is also an advisor to the PSHE Association and the Department for Education and has been involved in the development and delivery of PSHE and Health Education in a wide range of schools and local authorities. She lives with PTSD and autism. [Click here](#) for the full list of free 'on demand' courses.

Returning to school, September 2020

Other

Course Title	Description	Length	To access
Support a safe & successful return to school using the SWAN framework	These videos and the accompanying guided discussion template aim to enable you to use the SWAN (safe, welcoming, all together, nurturing) framework as a springboard for thinking about the return to school for children and adults.	45 min approx	Click here for webinar
Be the adult a child needs during lockdown	This course is made up of nine very short modules and provides a simple framework we can take to support children in our care to protect their wellbeing. The course has been developed and delivered by Dr Pooky Knightsmith and is brought to you in collaboration with SecEd and Headteacher Update magazines.	45 min approx	Click here for webinar
Use simple self-soothe strategies	This course walks you through a range of practical strategies that can be used by adults or children in order to create a sense of relaxation and wellbeing.	45 min approx	Click here for webinar
Get health education right	This course will help you to fully engage with the process of developing and delivering a health education curriculum that meets the needs of your learners, staff and families. Whilst it's impossible to give you all the answers, this course will make sure that you're asking the right people the right questions and give you some clear direction and starting points to help you get Health Education right.	45 min approx	Click here for webinar

Winston's Wish

Winston's Wish has free online training courses to help teachers and school staff understand how to support grieving children and young people in their school.

Other

Course Title	Description	Length	To access
Childhood bereavement: an introduction	An introductory course on childhood bereavement and what you can do to help those going through it, aimed at both primary and secondary schools. The course covers <ul style="list-style-type: none">• What is childhood bereavement?• How does grief affect a child?• Dealing with a bereavement in schools	unknown	Click here to register for online learning
What you can do to help?	This course explains some of the ways you can help children and young adults suffering from a bereavement. Aimed at both primary and secondary school teachers, the course includes: <ul style="list-style-type: none">• The importance of communication• Planning and preparation• When to seek further support• Help, support and self-care	unknown	Click here to register for online learning

Charlie Waller

Charlie Waller, one of the UK's most respected mental health charities, has a selection of video training sessions produced by their experienced mental health trainers. Within these sessions, the trainers explore strategies for maintaining positive mental health, paying attention to our own wellbeing and supporting those around us.

The sessions are organised into three categories:

- For schools (and families)
- For GPs
- For colleges and universities

Other

For schools (and families)

Course Title	Description	Length	To access
COVID-19 stress response	The current COVID-19 pandemic can impact our stress responses. This session explores how we might manage this as an individual and offers top tips for both adults and young people.	35 min	Click here for webinar
The wellbeing toolkit	A short video exploring how to create a simple wellbeing toolkit for children and young people.	15 min	Click here for webinar
Window of tolerance	This session explores the concept of a 'window of tolerance', with practical suggestions for supporting younger children.	30 min	Click here for webinar
Contingent self-worth	This session explores the concept of contingent self-worth in children and young people. This webinar is particularly relevant for those working with adolescents.	23 min	Click here for webinar
Perfectionism - practical tips for staff	This session explores the concept of perfectionism in children and young people, with practical tips on supporting them.	35 min	Click here for webinar
Nutrition and mental health	This session explores the link between nutrition and mental health. The trainer looks at the benefits of a healthy diet on our mental wellbeing, referring to current evidence and research.	25 min	Click here for webinar

For GPs

Expert advice for GPs on prescribing antidepressants	<p>In this video, leading expert Professor Hamish McAllister-Williams gives practical, clinical guidance on how to optimise the use of antidepressants in primary care, including:</p> <ul style="list-style-type: none"> • when antidepressants might be indicated • initiating treatment • using a treatment algorithm • monitoring response and adjusting medication • long term treatment and discontinuation 	20 min	Click here for video
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For colleges and universities

Course Title	Description	Length	To access
Self-care for students with eating disorders	This session on self-care for students with eating disorders includes six tips and strategies including staying in wellbeing 'credit', using the BLAST approach and being kind to yourself. This session will be of interest to anyone who is struggling to maintain healthy eating.	25 min	Click here for eLearning
Adverse childhood experiences	In this sessions the trainer introduces us to Adverse Childhood Experiences (ACES) and how they might impact on our health, choices and behaviours as adults.	16 min	Click here for eLearning

Charlie Waller e-learning package for Further Education and Higher Education

Charlie Waller also has e-learning package's designed to give non-specialist staff who offer day-to-day support to students in a range of settings, for example in residences, cafes, security staff, careers, libraries and in academic pastoral support, the skills and knowledge and confidence to offer a first line of support to students who may have mental health issues.

The package consists of six, easy-to-follow 20-minute sessions, including:

- Signs to look out for
- Key helping skills
- Knowing who else to involve
- Supporting students at risk or in crisis

Further Education e-learning package

[Click here](#)

Higher Education e-learning package

[Click here](#)

Charlie Waller - Podcasts - Supporting vulnerable young people

Charlie Waller also has a range of podcasts - an interview series about working with children and young people who are particularly vulnerable to mental health problems listed below.

- Child refugees
- Young carers
- Young people in contact with the Youth Justice System
- Children living in poverty
- Body image and image enhancing drugs
- Children excluded from school (or at risk)
- Bullying
- Male mental health
- Children whose behaviour challenges
- Children who experience domestic violence and abuse
- Children in alternative provision (outdoor education)
- Children from black & minority ethnic communities

Supporting vulnerable young people podcasts

[Click here](#)

Kooth

[Kooth.com](https://www.kooth.com) is a FREE online digital support service providing children and young people (aged 11-19) who reside or attend school in East Berkshire with easy access to an online community of peers and a team of experienced counsellors. Young people can speak directly to a counsellor 365 days a year. Monday - Friday from 12- 10pm and Weekends 6pm -10 pm for free, without the typical barriers for access to support such as waiting lists, thresholds and the service offers complete anonymity. There is also an extended pathway up to age 25 for young people who are care leavers or have SEND needs.

Other

Course Title	Description	Length	To access
Kooth – an overview	A short webinar for professionals/volunteers that covers how Kooth works, what digital support is available, local support offer available and actions you can take to promote Kooth.	15 min	Click here for webinar

There are also a number of short (1 min long) animated films that showcase the features of Kooth; whilst they are designed for children and young people themselves they are useful for professional/volunteers to watch to fully understand the Kooth product/offer. Additionally these can be used by respective organisations on your own websites.

- [Kooth Overview](#)
- [Kooth Magazine](#)
- [Kooth Discussion Boards](#)
- [Kooth Goals](#)
- [Kooth Journal](#)
- [Kooth Messaging](#)
- [Kooth Chat](#)

In East Berkshire, there is an Integration and Participation worker in place called Jenny Fennessy. Jenny can deliver free sessions for professionals or young people to raise awareness of the Kooth offer, she can be contacted by emailing jfennessy@kooth.com

Anna Freud Centre

The Anna Freud Centre is a world-leading mental health charity for children and families and has developed and delivered pioneering mental health care for over 60 years. They have developed a range of free resources to support CPD including:

- A range of online [training](#) – live and self directed courses
- A variety of online [conferences, webinars and events](#)
- A [youtube channel](#) with a range of animation and videos to support with CPD

In addition they have :

Schools in Mind

Schools in Mind is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.

For more info and to join the Schools in Mind network [click here](#)

Early Years in Mind

Early Years in Mind is a free online network for early years practitioners.

The network provides easy to read and easy to use guidance on supporting the mental health of babies, young children and their families.

The network was developed by mental health experts and shares practical and clinical expertise, and advice on using attachment-informed practice.

For more info and to join the Early Years in Mind network [click here](#)

Royal Society of Public Health (RSPH)

RSPH have a range of free elearning courses available through their site [here](#). We have listed two courses below to support you to look after your wellbeing. Their system will automatically save your progress so you are able to complete these programmes in multiple sittings.

Staff wellbeing

Course Title	Description	Length	To access
Understanding sleep: Don't hit snooze on your health	<p>The programme adopts a preventative approach and will provide useful information, around the link between sleep and health and wellbeing. Exploring a broad range of sleep issues including:</p> <ul style="list-style-type: none">• Sleep as a public health issue• Melatonin, drugs and alcohol• Sleep and culture• Sleep disorders	This programme consists of four primary sections and should take around three hours to complete	Click here for elearning
Looking after your self-ie	<p>The programme focusses on awareness-raising; encouraging meaningful use by educating users on the potential harms and benefits of social media. Exploring the following topics:</p> <ul style="list-style-type: none">• Loneliness and relationships• Self-image and self-esteem• Sleep• Online bullying	This programme consists of six primary sections and should take around three hours to complete	Click here for elearning

Our Frontline

[Our Frontline](#) is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge.

Staff wellbeing

You support us, we support you.

As frontline health, care, emergency and key workers, you put yourself at physical risk as you form our frontline against the coronavirus. You are also putting your mental health under pressure.

Our Frontline offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health.

MENTAL
HEALTH
AT WORK

Our
Front
line.

A single service to support the millions of key workers including support if you work in:

- [Health](#)
- [Emergency services](#)
- [Education](#)
- [Social Care](#)
- Or if you're [any other essential worker](#)

This support is important right now. But it will be equally critical in the months ahead, when we want to make sure that we rebuild and recover the mental health of our frontline workers, alongside our economy and communities.

