

## CAMHS Mental Health Support Team (MHST) / Getting Help Team

### Emotional Health & Wellbeing Webinar and Resources Programme Offer for Education Settings and Wider Partners

January 2022 – April 2022

As part of the CAMHS offer for early intervention we are pleased to offer the Spring Programme 2022 resources and webinars programme for education settings and wider partners in East Berkshire

In response to education staff and professionals requesting further mental health and wellbeing webinars, we are launching a 'series six' set of webinars. The themes are: Self Harm, ADHD, Eating Disorders, Autism and Attachment. All of the webinars are sections of the PPEP training as outlined below in Section 3 on page 5.

For ease we have incorporated the Clinical Commissioning Group (CCG) Workforce Offer into this programme.

What follows is a menu of opportunities which offer education settings and other professionals the opportunity to enhance their knowledge around early intervention children and young people's mental health issues. We have worked together with some of our key partners to help us to support you to support the children, young people and families you work with.

This offer contains the following information:

1. **SHaRON Digital Platform (hosted by Berkshire Healthcare CAMHS)**
2. **Webinar Programme**
3. **PPEP Care Training**
4. **Emotional Health & Wellbeing information from Bracknell Forest, Slough and RBWM**
5. **Kooth Resources and Webinars**
6. **No 22 - Youth Counselling Service (RBWM and Slough)**
7. **Youthline – Young People's Counselling Service**
8. **Clinical Commissioning Group (CCG) Workforce Offer**
9. **Other Local Resources**
10. **National Resources**

We hope you find the webinars and resources provide a good learning experience on children and young people's mental health and emotional wellbeing.

## 1. SHaRON Digital Platform

SHaRON for Professionals is an online network for education professionals providing peer support and access to resources 24/7 on mental health and wellbeing to enable you to support children and young people. SHaRON stands for Support Hope and Resources On-Line Network. The newly launched SHaRON for Professionals platform provides support specifically for Education Professionals.

The new SHaRON for Professionals platform consists of education professionals like you as well as peer and clinical moderators (from Berkshire Healthcare CAMHS and staff from local authorities).

The platform can support

- Knowledge sharing: platform members can share resources, learning and information from across education to support CYP mental health
- Connecting with others: members can build their personal and professional networks by connecting with other education staff from across East Berkshire
- Remote collaboration: a central location for documents, files and other team resources allows teams working across dispersed geographies or different office locations to collaborate and participate more easily.

As we are building our community of practice the SHaRON platform will be the heartbeat of the network and will be the 'go to' place for information on CYP mental health.

We are inviting staff who have a lead for CYP mental health to join the platform. This could be a SENCO, Pastoral Lead, PHSE lead, Designated Safeguarding Lead or SLT member.

To sign up for access to SHaRON for Professionals please email a request to: [CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)

## 2. Webinar Programme

Our webinar series is being delivered in collaboration with a range of colleagues. We aim to make these as interactive as possible so professionals can strengthen their knowledge and skills at all levels. All webinars will be hosted via the Microsoft Teams platform and presented by staff from the CAMHS Mental Health Support Team (MHST) and the Getting Help Team (GHT). Our focus in this programme is on PPEP Care module delivery. See below for further details and a link to their resources.

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Monday 24 January 2022	3.30 – 4.30	<b>Understanding and Responding when Young People Self Harm</b>	This webinar will help you better understand why young people self-harm, give tips on how best to respond and support them. If need be how you can access the right support.	All education settings and professionals working with children, young people (12 years and above) and families.	<b>Presenters:</b> Andrew Royle, Advanced Mental Health Practitioner and Emma Mapes, Team Lead, Rapid Response Team, CAMHS, Berkshire Healthcare  <b>Facilitator:</b> Ally Bradshaw, East Berkshire MHST Project Manager, CAMHS, Berkshire Healthcare	To book a place please <a href="#">click here</a>
Wednesday 2 March 2022	9.30 – 11.00	<b>Supporting Young People with Eating Disorders</b>	This training covers what an eating disorder is, how you spot one, how to broach the subject with a young person or child, how to access specialist help and what specialist help looks like.	All education settings and professionals working with children, young people (up to 18 years) and families.	<b>Presenter:</b> Mary Curtis-Weight, Systemic Family Psychotherapist CYPF Eating Disorder Service, CAMHS, Berkshire Healthcare  <b>Facilitator:</b> Letitia Turay, Business Support Manager, CAMHS, Berkshire Healthcare	To book a place please <a href="#">click here</a>
Thursday 17 March 2022	9.30 – 1.30	<b>Understanding ADHD &amp; supporting children and young people</b>	Understanding ADHD, from referral to diagnosis and interventions. Providing information around the referral process, strategies to help and support children with ADHD in primary and secondary schools. Treatment available in pharmacological methods and non-pharmacological support	All education settings and professionals working with children, young people	<b>Presenter:</b> Rebecca Eavers and Claire Doyle, Advanced ADHD Specialist Nurses, ADHD Pathway, CAMHS, Berkshire Healthcare  <b>Facilitator:</b> Lucy Jacobs, Admin Support Team Lead, CAMHS, Berkshire Healthcare	To book a place please <a href="#">click here</a>

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Tuesday 29 March 2022	3.30 – 5.00	<b>Attachment focussed working with Children and young people</b>	Looks to explore how we can support children and young people by holding their experiences in mind when understanding behaviours that we see in order to address their underlying needs. The workshop will discuss how day to day challenges (micro traumas) and other trauma experiences/incidents may impact how a child/young person develops an understanding of their world and thus how and why they may have found their own ways of coping to keep safe. The workshop will offer strategies that you can use with young people to support them to build trust and develop healthier more helpful ways of coping; these are strategies that can benefit all children and young people.	All education settings and professionals working with children, young people	Dr Natasha Patel, Slough MHST & GHT Team Lead and Charlotte Morton, Senior GHT Supervisor, CAMHS, Berkshire Healthcare  <b>Facilitator:</b> Lucy Jacobs, Admin Support Team Lead, CAMHS, Berkshire Healthcare	To book a place please <a href="#">click here</a>
Monday 4 April 2022	1.00 – 2.30	<b>Autism &amp; Mental Health Part 1</b>	This informative module will help you gain a contemporary understanding of children and young people with Autism and includes necessary adaptations to our communication styles and environment.	Primary Schools Secondary Schools Further Education Local Authority Staff	<b>Presenter:</b> Lisa Thomson, PPEPCare Training Lead CAMHS, Berkshire Healthcare  <b>Facilitator:</b> Letitia Turay, Business Support Manager, CAMHS, Berkshire Healthcare	To book a place please <a href="#">click here</a>

**Should you have any queries regarding signing up for these webinars please contact: Allison Bradshaw CAMHS MHST/GHT Project Manager  
[allison.bradshaw@berkshire.nhs.uk](mailto:allison.bradshaw@berkshire.nhs.uk) Mob: 07773 093300**

### 3. PPEPCare Training

**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 psychoeducation and relevant evidence based psychological techniques (e.g. using a cognitive behavioural framework).

PPEPCare is delivered by specialist CAMHS, Getting Help Service, Wellbeing Team, Mental Health Support Teams and Educational Psychologists. PPEPCare training for all modules (listed below) are 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**

- 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

- 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 & Mental Health Part 1 and Part 2
- ADHD

Coming Soon: Watch This Space as we are developing a new module - Attachment and Working with Families

For further information about PPEPCare modules [click here](#).

To book a session please use the online form available here.

Your local trained trainers will then contact you to discuss your needs.

## 4. Emotional Health & Wellbeing information - Bracknell Forest, Slough and RBWM local authorities

**For RBWM staff only - a 5-week course for parents/carers:**

### **RBWM Wellbeing Team: Managing My Child's Anxiety Course for Parents/Carers**

This online course has been created by the Wellbeing Team in The Royal Borough of Windsor and Maidenhead for parents of children who are experiencing anxiety. The course was developed using key concepts from the book; *Helping Your Child with Fears and Worries*; by Lucy Willetts and Cathy Creswell. The aim of the programme is to help parents build a range of CBT informed (Cognitive Behavioural Therapy) strategies to help them and their child manage their anxiety to increase their sense of wellbeing.

**The course is intended for parents who have been referred specifically for support from the Wellbeing Team through the Early Help Hub. Referral to the service and intervention can be actioned via the school and the Wellbeing Team link practitioner or via a self-referral through the Early Help Hub.**

Direct link <https://rbwm.afcinfo.org.uk/pages/community-information/information-and-advice/family-hub-service/support-for-parents/online-resources-for-parents/online-parent-course-2020>

**NEW!** The Educational Psychology Service have developed a training session on Understanding and Supporting Bereaved Children and Young People: A Guide for School Staff. For further information please follow this link:

[https://drive.google.com/file/d/1-kIY3I9UKPI4zAWpFCztea8Mm0T6YAqH/view?usp=drive\\_web](https://drive.google.com/file/d/1-kIY3I9UKPI4zAWpFCztea8Mm0T6YAqH/view?usp=drive_web)

### **2022 Emotional Wellbeing Champions programme**

The Wellbeing Team invite you to take part in the 2022 Emotional Wellbeing Champions programme. The programme supports schools to develop a positive culture around mental health. Workshops offer students the opportunity to further their knowledge and create their own anti-stigma campaigns within their school.

Are you interested in taking part? Please contact Rebecca Askew [rebecca.askew@achievingforchildren.org.uk](mailto:rebecca.askew@achievingforchildren.org.uk) or Emily Try [emily.try@achievingforchildren.org.uk](mailto:emily.try@achievingforchildren.org.uk) for further programme and registration information.

### **For Bracknell- Forest staff only**

Bracknell Forest Educational Psychology Service are pleased to be able to offer the following training, supervision and resources as part of Wellbeing for Education Recovery.

#### **Group Supervision sessions**

The small group reflective supervision sessions for staff in school who have responsibility for supporting mental health and wellbeing will continue until Easter. These sessions are facilitated by an Educational Psychologist and provide a safe space for reflection and exploration of issues around supporting those who have been adversely affected by the pandemic. There is the flexibility to explore both individual cases as well as whole school approaches and to consider psychological approaches to supporting wellbeing. The sessions also provide emotional support and the opportunity to explore emotions and concerns related to your role in a safe space.

#### **Webinars**

A number of bitesize, pre-recorded webinars, accessible to all staff which focus on supporting wellbeing at an individual, group and whole setting level. Webinar streams will include:

- Resilience
- Re-establishing Relationships (A new normal)
- Anxiety

- Supporting Change and Loss

Webinars can be accessed when it is convenient for you and can be used flexibly by staff for personal development or used in whole staff training. Webinars will be accessed through Can-Do and will be released over the course of this term. Please ask your link Educational Psychologist or contact [janet.bento@bracknell-forest.gov.uk](mailto:janet.bento@bracknell-forest.gov.uk) for further details.

### **Workshops for parents: Understanding and helping your child/young person with anxiety**

These workshops will give parents an opportunity to explore ways to further understand and support their child/young person who is experiencing anxiety. There will be options for both in person and online workshops. All parents who attend will also have the option of a follow up consultation with an Educational Psychologist to consider how to apply the learning from the workshop to their own child/family. Booking details will be sent to all Bracknell Forest schools to share with parents.

#### *In person sessions*

Parents of primary aged children – Thursday February 3<sup>rd</sup> 9.30-12.00 – Open Learning Centre, Bracknell

Parents of secondary aged children – Tuesday March 1<sup>st</sup> 9.30-12.00 – Open Learning Centre, Bracknell

#### *Online session*

Parents of children of all ages – Wednesday February 9<sup>th</sup> – 1-3pm

### **Parent telephone consultations**

Over this coming term, the Educational Psychology Team will be offering bookable telephone consultation slots for parents/carers who have concerns about their child/young person. This will be an opportunity to explore any concerns (which could include: learning, relationships, emotional well-being, behaviour, communication) and to think through how to move the situation forward.

Dates and the booking details will be shared shortly with all Bracknell Forest schools.

### **Emotional Literacy Support Assistant Training**

The Educational Psychology team will be running ELSA training in the summer term. All the details can be found by schools on Can-Do and also accessed by this link: <https://can-do.bracknell-forest.gov.uk/T160385>

### **Purchased time**

Schools are reminded that they can use purchased time from the Educational Psychology Service to prioritise wellbeing and mental health at a school-wide, group and individual level. Such work could include training, supervision, coaching or therapeutic sessions.

### **For Slough staff only – Education**

#### **Slough School Health & Wellbeing Project: Education Staff Wellbeing webpage**

Information about local and national initiatives aimed at promoting education staff wellbeing plus workshops, advice and guidance for developing a whole school approach to staff wellbeing; all in one easily accessible place: [School Health & Wellbeing Project | Education Staff Wellbeing web page](#)

#### **Slough School Health & Wellbeing Project: Education Staff Wellbeing Self Care Guide**

This guide contains information, advice and guidance for staff to enable them to look after their own wellbeing. The guide follows a graduated approach with sources of additional support towards the end. There is also a section specifically for head teachers and school leaders. A copy of the guide can be found on the [School Health & Wellbeing Project | Education Staff Wellbeing web page](#)

#### **Slough School Health & Wellbeing Project: Developing a Whole School Approach to Health and Wellbeing**

The Slough Whole School Approach (WSA) to Health and Wellbeing framework and tools have been produced to help schools develop a whole school approach to promoting the health and wellbeing of pupils and staff. It is based on the Public Health England Whole School Approach model which is promoted by the Department for Education and encompasses key Department for Education guidance around health and wellbeing and also makes links to the [Ofsted Schools Inspection Handbook \(2021\)](#).

The Slough tools and guidance can be found on the [School Health & Wellbeing Project | Developing a Whole School Approach to Health and Wellbeing webpage](#) Schools who are part of the **Mental Health Support Team** initiative can also receive support with their WSA work from their Education Mental Health Practitioner.

### **Group Supervision for Designated Safeguarding Leads**

Group Supervision for DSLs is a local initiative developed based on feedback from Slough DSLs, schools who participated in the WfER programme and evaluation of the reflective supervision pilot project. The group sessions will be facilitated by qualified counsellors and will provide a confidential, non-judgemental environment for participant to reflect on decision making, cases and outcomes and receive emotional support for associated worries and feelings. 'Supervision' is very different from 'line management' and focuses on building a safe space to support the development of knowledge, skills, confidence, and reflective practice in the workplace. To help DSL's make informed judgements and sound decision making. The group discussions will provide emotional support for often isolated and demanding specialist roles/functions to discuss worries, and feelings. It is about the wellbeing of these members of staff as well as supporting them in their role and will make a valuable contribution to a whole setting approach to health and wellbeing.

Sessions will start from the week commencing 1<sup>st</sup> November 2021 from 4-5.30pm. There will be a nominal charge of £50 per session for the first place and £40 for additional places for DDSLs (a 20% discount). To register, please email Jatinder Matharu, Education Safeguarding Professional, Slough Borough Council, [jatinder.matharu@slough.gov.uk](mailto:jatinder.matharu@slough.gov.uk)

### **For all state schools and colleges - Department for Education funded Senior Mental Health Lead training**

The DfE define a Senior Mental Health Lead as someone with a strategic leadership role in a school or college, responsible for overseeing the setting's whole school or college approach. They may be a teacher, pastoral lead, SENCO, deputy head or head. They are not a mental health professional, and should never be expected to diagnose mental health conditions, or deliver interventions.

The aim of the training is to provide the school or college's identified Senior Mental Health Lead with knowledge and skills to enable them to develop or introduce their setting's whole school approach to promoting and supporting mental health and wellbeing. The DfE have identified a number of providers to deliver the courses which they have quality assured. Schools and colleges will be asked to opt-in for grant funding (circa £1200) from September. The grant is a contribution to the cost of training and the hiring of supply staff whilst leads are engaged in learning. The opportunity is open to all state schools and colleges in England, with enough funds initially to reach approx. 7800 settings in 2021/22 which will be allocated to schools with an identified senior lead and the capacity to undertake training for the role before March 22.

Further information can be found here: [DfE - Senior Mental Health Leads training](#)

<https://www.creativeeducation.co.uk/courses/dfе-funded-training-for-mental-health-leads-information-session/>



## [DfE funded training for Mental Health Leads – information session - Creative Education](#)

During this session, you'll hear the latest from the Department for Education about the funding for training being offered for mental health leads.

[www.creativeeducation.co.uk](http://www.creativeeducation.co.uk)

## 5. KOOTH Resources and Webinars

### Kooth Overview

Kooth is a free BACP accredited online counselling and emotional well-being support service for young people. It offers a safe, secure and anonymous way for young people to access support with their emotional health and wellbeing needs from a professional team of qualified counsellors and emotional wellbeing practitioners. In addition to professional support, there are a range of Kooth community based options, such as discussion boards and magazine articles which provide peer to peer and community support, all of which are safe and secure and pre-moderated.

Kooth is commissioned by NHS East Berkshire CCG to provide services to young people who live or go to school in East Berkshire aged 11-19 years (or up to 25 years for care leavers or young people with a special education need or disability).

Having a Kooth account ensures that users have access to a range of mental health and wellbeing services. Kooth's website is available 24/7 and counselling services operate weekdays from 12 noon to 10pm and at the weekend from 6pm to 10pm, 365 days a year.

To find out more watch this brief intro video: [Kooth overview video \(1 min\)](#) or contact Claire Parsons (Kooth Area Manager) at [cparsons@kooth.com](mailto:cparsons@kooth.com)

### Kooth- Upcoming webinars and campaigns in East Berkshire

#### a) 'Discover Kooth' webinars and training sessions for professionals

Kooth provides regular webinars for professionals to provide an insight into the Kooth service offer and a demo of the site. The sessions will

showcase each of the features on the site and the ways in which it is useful to a young person, as well as demonstrate how this can offer organisations increased capacity to support young people as part of a wider service offer and wrap-around initiative.

There will also be an opportunity to ask our team any questions you may have.

Dates for webinar sessions are ongoing throughout the year, and we can also offer training sessions for specific teams should you wish to include this in your CPD programme.

If you would like to be added to our mailing list to stay up to date with these opportunities and other Kooth service updates, or if you would like to enquire about a training session for your staff team, please contact Claire Parsons (Kooth Area Manager) at [cparsons@kooth.com](mailto:cparsons@kooth.com)

## b) Kooth Sessions for Parents/ Caregivers

Kooth also hosts monthly webinars aimed at parents/carers. These are an opportunity to understand Kooth as a support for their child and can be used whilst waiting for additional services and support. The sessions will demonstrate the Kooth features and allow for questions.

If you are working with parents/carers you can email [cparsons@kooth.com](mailto:cparsons@kooth.com) for a link.

## c) Kooth offer to Education Settings:

Kooth can also provide FREE:

- Monthly e-bulletin with updates and further information relating to the service
- Virtual Assemblies
- Wellbeing workshops on topics including **Transition from Primary to Secondary School**, Bullying, Anger Management, Young Men, Resilience, Exam Stress (adaptable to curriculum)
- Awareness raising training sessions for staff
- Promotional materials such as posters, Kooth cards and/or digital resources that can be used to share with students and on social media.

All sessions can be delivered flexibly to suit your needs and the time available. Email Claire Parsons (Kooth Area Manager) at

[cparsons@kooth.com](mailto:cparsons@kooth.com) to discuss your needs and to book.



Kooth offers online mental health and wellbeing support to children and young people aged 11, up to their 19th birthday. Kooth can support schools to create awareness among students.

#### Kooth resources for schools

- **Assemblies:** Presentations for young people to create awareness and engagement with Kooth.
  - **Workshops:** Targeted PSHE style sessions on a variety of topics, focused on: *Young Men, Anger management, Anti-bullying, Self esteem, Resilience, Anxiety and stress, wellbeing.*
  - **Staff awareness training:** The benefits of Kooth online platform and how to support young people to sign up.
  - **Virtual offer:** Staff training and presentations for students can be facilitated Online.
- ✓ Promotional materials e.g. posters, leaflets and cards.
  - ✓ Online promotional materials for websites and social media.
  - ✓ Information leaflets for parents.
  - ✓ Parents letter.

## 6. No 22 Counselling Services (RBWM and Slough)



Number 22 is a well-known local charity, staffed by mainly volunteers. We provide free, confidential counselling to young people (11 years +) and adults in Windsor, Maidenhead and Slough. We support people in distress by providing a space where our clients can feel valued and heard. We are here to support you if you don't know where to turn; we listen and won't judge you. Together we may find a way for you to make changes to your life, which may help to relieve feelings of anxiety and depression.

Number 22 work with 25 local schools providing an affordable school based 1:1 counselling service to support the students and staff where needed. Group work is also delivered within schools, which enhances the 1:1 service.

We have a **new exciting Parent Program** that we are able to offer parents through local schools. The program is aimed at helping parents to support their young people, be able to respond more effectively and to understand mental health issues in today's landscape. (Please contact Alison Batey at [alison.batey@wmcounselling.com](mailto:alison.batey@wmcounselling.com) if you would like more information.)

With wait times increasing we have recently launched a **new telephone support line which will allow young people to book a one off 30 min session with a qualified counsellor. They will be able to go online and book on the day. Please go to website for more details.**

You can find out more about the service we offer by visiting our website [www.number22.org](http://www.number22.org) where you will find our online form to leave your details.

People seek counselling for many different reasons. No problem or worry is too small. Please do get in touch if you would like some support.

## 7. Youthline – Bracknell Forest’s Young People’s Counselling Service (Bracknell)

Youthline provides a FREE, confidential counselling service for young people attending secondary school and adults who care for and support young people. We work across a number of locations within Bracknell Forest including our main base at Portman Close, Bracknell, and 10 secondary schools.

You can find out more about the service we offer by visiting our website: <https://www.youthlineuk.com/>

## 8. CCG Workforce Offer



Youth mental health first aid is now being delivered as a live interactive session via Zoom. This course qualifies you as a Youth Mental Health First Aider and you will be required to attend all 4 live sessions online over 2 full days and also complete individual learning prior to each live session.

### Target Group:

It's ideal for designated staff at every level who would like to become Youth Mental Health First Aiders with skills to spot signs of a range of mental health issues in young people (aged 8-18) to teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so you can speed up a young person's recovery and stop a mental health issue from getting worse.

### Learning outcomes

At the end of the course, you will be able to:

- Understand young people's mental health and the factors that can affect their wellbeing
- Equip learners with the knowledge to help a young person recover their health by guiding them to further support –whether that's through self-help sites, their place of learning, the NHS or a mix –or engaging with parents, carers and external agencies where appropriate
- Use enhanced interpersonal skills such as non-judgemental listening

- Spot the triggers and signs of mental health issues
- Feel confident to step in, reassure and support a young person in distress

This course won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening. This course will also give you the information and skills to look after your own mental health so that you can set an example for young people.

Available dates are:

Session 1 and 2- 7th March 2022, session 3 and 4- 8th March 2022	9am to 11.45am and 2.15 to 5pm each day
Session 1 and 2- 20th April 2022, session 3 and 4- 21st April 2022	9am to 11.45am and 2.15 to 5pm each day

To book your place email [cypmhtraining.eastberks@nhs.net](mailto:cypmhtraining.eastberks@nhs.net) with details of your chosen date. Places are limited and will be allocated on a first come first serve basis.

**This is a very full two days - prior to each Live interactive Session you will also be required to complete individual learning (prior to Live session 1 - which can be done a few days before, in-between session 1 and 2, after session 2 in readiness for session 3 and in-between session 3 and 4). Please ensure you allow time for the individual learning prior to each Live Session and some down time for self-care too. It is suggested to allocate around 1 to 1.5 hours for each individual learning session.**

**ALL** individual learning and live interactive sessions must be fully completed in order to gain Certification.

In order to best support participant safety, **ALL** participants are required to use their webcam during the live sessions.

### Psychological First Aid (PFA) training course

Online [Psychological First Aid \(PFA\) training course](#) on Future Learn.

It takes about 3 hours to complete (split into 3 sessions that the learner can complete at their own pace) and no previous qualifications are required.

The online course, developed by Public Health England (PHE), offers training on how to provide practical and emotional support to children and young people up to 25 affected by emergencies or crisis situations. On completion, participants will have an understanding of what PFA is, be able to identify who would benefit from support and how best to give help across the different age groups and also for those who might need extra support because of different needs.



## MindEd e-learning

[MindEd](#) is a free online e-learning resource for everyone with a duty of care for children and young people, whether this 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 Young Minds.

A good place to start is with [MindEd Core Content \(Universal\)](#) as this introduces the MindEd content and will help you to navigate your way around the site.

You can also see content as a [thematic view](#) which includes but is not limited to the following themes:

Wellbeing	Services and professionals
Transitions	School refusal
Thinking clearly, making sense of things we see and hear	Safeguarding and legal issues
Therapies and treatments including medication	Relationships and families, development and difficulties
Substances and their impact	Attachment and relationship formation
Stressful events and life circumstances	Risky behaviour and self-care

Special circumstances	Promotion of mental health and wellbeing
Cultural diversity, understanding and supporting equality in care	Physical coordination and organisation
Sleep	Participation of children, young people and parents

Alternatively, some suggested areas of interest are listed below:

- [MindEd Education](#) includes:
  - Wellbeing for Education Return
  - Anna Freud Centre - Links Programme
  - Schools Learning Path
  - Place2Be Mental Health Champions
  - Place2Be Talented Teachers Programme
  - Place2Be Counselling Children in Schools
  - PACEY - MindEd for the early years
- [MindEd Suicide and Self Harm Prevention](#)

MindEd is part of the National Suicide and Self-Harm Prevention programme (SSHP) (<https://www.gov.uk/government/publications/suicide-prevention-cross-government-plan>) and aims to help everyone better how to approach all ages in such situations. What the MindEd SSHP offers are skills building scenarios and supporting knowledge sessions to help you know the do's and don'ts in these difficult situations.

- [MindEd Improving Workforce Wellbeing, Resilience and Population Mental Health](#)

This programme brings together MindEd sessions and resources from elsewhere to support workforce wellbeing, resilience and population mental health.

## 9. Other Local Resources

### Healthy Teen Mind Crisis Tools learning guides

This bitesize Crisis Tools learning resource will help address the urgent need for individuals working in a range of settings to have the awareness and confidence to support young people in a mental health crisis. Visit [www.crisistools.org.uk](http://www.crisistools.org.uk)

Presented in video and text format with accompanying downloadable guides. The four Crisis Tools learning content covers:

1. [What we need you to know?](#) - outlines key challenges and strategies that individuals need to know before they begin their interaction with a young person in crisis.
2. [How to start the conversation.](#) – features practical tips to help set up for success and build trust when supporting a young person in-person, over the phone or online.
3. [So you want to talk about risk?](#) – explores the risk conversation from a young person’s perspective, including how to get the conversation back on track when things go wrong and practical approaches.
4. [How to wrap things up.](#) – covers key tips and strategies to help end a conversation in a collaborative way that feels safe for everyone.

The learning resource can be used by:

- mental health staff who may encounter young people in a crisis, this will include a multi-disciplinary staff group incl. non-clinical roles
- individuals working in other health and care settings such as primary care, urgent and emergency care
- individuals working in emergency response settings
- individuals working in any education settings
- students and learners who will work and are working with young people
- families and carers



## The Little Blue Book of Sunshine

### a) The Little Blue Book of Sunshine (Ebook)

NHS Berkshire West and East Berkshire Clinical Commissioning Groups (CCGs) have relaunched the mental health booklet – the Little Blue Book of Sunshine.

The book **offers lots of practical and useful advice** and aims to help children and young people by sharing lots of tips on how to deal with many problems, such as anxiety, stress, body image, relationships and anger. It also includes information about where to get help when they need it.

This year more than ever, anyone can sometimes feel down, worried or anxious because of a variety of situations like lockdown, school, family or friends. The #littlebluebookofsunshine explains some of the things teenagers can do right now to feel better, and who to turn to if things feel too much.

The booklet is also now available for free in Apple Books and Google.



## 10. Key National Resources

Raising awareness



fighting depression

**Newsletter** the latest news from the Trust and features on mental health, out twice a year

**Resources** View, download or order hard copies of free booklets and posters for children, young people and professionals there are resources for schools and families, colleges

**Schools in Mind Network** - 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.

**Resources for schools** - Child mental health experts have developed a booklet series aimed at supporting all staff working in school settings.

**Resources** - The Young Minds resources library is full of useful toolkits, publications, reports and policy information about children and young people's mental health.

**Teaching resources** – contains a number of lesson plans, assembly plans, programmes and PSHE resources to support and assist in teaching and learning about mental health and wellbeing.

Whole-school approach to mental health and wellbeing. Information and resource to support a whole school approach to mental health and wellbeing

**Resource library** and a section on section on **mental health needs** includes information on the different conditions



## Our Front Line



**Mental Health and Bereavement Support  
for all Key Workers**

 For mental health support 24/7,  
text 'KEY WORKER' to 85258.

 Mental health and emotional support  
call 116 123, day or night, 365 days a year.

 Access mental health and bereavement  
resources tailored to key workers  
at [ourfrontline.org](http://ourfrontline.org)

Our Frontline.

Our Frontline is a partnership between **Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge**

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.**

[Click here](#)