

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

### Emotional Health & Wellbeing Webinar and Resources Programme Offer for Education Settings and Wider Partners - Spring 2023

As part of the CAMHS offer for early intervention we are pleased to offer Spring resources and webinar 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 new set of webinars with the focus on Early Years.

For ease we have incorporated the Frimley Integrated Care Board (ICB) 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 and for adults who care for and support young people in Bracknell Forest**
8. **Frimley Integrated Care Board (ICB) 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. This digital platform provides support specifically for Education Professionals.

The 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). See below for further details and a link to their resources.

| Date      | Time          | Theme  | Description   | Audience   | Presenter / Facilitator   | Enrolment Details            |
|-----------|---------------|--|---|--|---|------------------------------|
| 7/3/2023  | 15:30 – 17:00 | <b>Building better Brains for Lifelong Health: The Oxford Brain Story 0-12 years</b> | The Brain Story is a knowledge-based platform which aims to make recent advances in neuroscience accessible to frontline workers and the wider community. The early years are critical for everyone's longer term physical, social and emotional development; the Brain Story aims to articulate the intergenerational cycle of adversity within families, and how we can use our scientific understanding to improve outcomes for both children and adults in the future. This session will introduce the core story of brain development and how experience can shape lifelong health, with a specific focus on working with babies and children up to the age of 12 years. It will provide you with an overview of the free-to-access Brain Story resources and practical ideas about implementation in your work. | Professionals working with children, young people or parents (including early years, primary, secondary) | <b>Presenter:</b> Dr Louise Dalton, Consultant Clinical Psychologist, Dr Elizabeth Rapa, Senior Postdoctoral Researcher University of Oxford<br><br><b>Facilitator:</b> Lucy Jacobs, GHT/MHST Business Support Manager, Berkshire CAMHS | SIGN UP <a href="#">HERE</a> |
| 15/3/2023 | 13:30 – 15:00 | <b>Supporting Children's Emotional Development and Regulation</b>                    | In this webinar, we will be looking at the emotional health of 3-6 year olds. Children at this age undergo rapid changes in social, cognitive and physical domains, which affect how they regulate their emotions. We will learn about the key developmental tasks children ages 3-6 face and the ways they learn to express and regulate their emotions. We will then explore how effectively to support children's emotional expression and wellbeing, particularly considering the struggles many young children, families, schools and early years settings have faced after Covid. This webinar is designed to be interactive and to get you thinking about how to improve your practice.  | Professionals working with children, young people or parents (early years)                               | <b>Presenter:</b> Matthew Constantinou, Clinical Psychologist, Anna Freud<br><br><b>Facilitator:</b> Mel Smart, CYP's Psychological Wellbeing Practitioner, Berkshire CAMHS   | SIGN UP <a href="#">HERE</a> |

|           |                  |   |  |  |   |                              |
|-----------|------------------|---|--|--|---|------------------------------|
| 28/3/2023 | 15:30 –<br>17:00 | <b>Building better Brains for Lifelong Health: The Oxford Brain Story 12-24 years</b> | The Brain Story is a knowledge-based platform which aims to make recent advances in neuroscience accessible to frontline workers and the wider community. The early years are critical for everyone's longer term physical, social and emotional development; the Brain Story aims to articulate the intergenerational cycle of adversity within families, and how we can use our scientific understanding to improve outcomes for both children and adults in the future. This session will introduce the core story of brain development and how experience can shape lifelong health, with a specific focus on brain maturation during adolescence and working with young people aged 12-24 years. It will provide you with an overview of the free-to-access Brain Story resources and practical ideas about implementation in your work.                                  | Professionals working with children, young people or parents (secondary)                                 | <b>Presenter:</b> Dr Louise Dalton, Consultant Clinical Psychologist, Dr Elizabeth Rapa, Senior Postdoctoral Researcher University of Oxford<br><br><b>Facilitator:</b> Anetta Walkowska, Educational Mental Health Practitioner, Berkshire CAMHS | SIGN UP <a href="#">HERE</a> |
| 10/5/2023 | 13:30 –<br>15:00 | <b>Supporting parents and carers with their children's emotional wellbeing</b>        | In this webinar, we will be looking at how to support parents and carers with their children's emotional health and wellbeing. As professionals, we may have concerns about some of the children we work with and it is important we know how to spot the signs where additional support may be needed. It can feel challenging to communicate our concerns to parents and other professionals, without making them feeling judged or criticised. We will consider how to set up difficult conversations and will practice our 'mentalizing stance', i.e., the way we explore and balance the perspectives of the parent, child and practitioner. By the end of this webinar, you should feel more confident in having difficult conversations with parents and carers. This webinar is designed to be interactive and to get you thinking about how to improve your practice. | Professionals working with children, young people or parents (including early years, primary, secondary) | <b>Presenter:</b> Matthew Constantinou, Clinical Psychologist, Anna Freud<br><br><b>Facilitator:</b> Peter Saunders, Senior Psychological Therapist & Clinical Supervisor, Berkshire CAMHS  | SIGN UP <a href="#">HERE</a> |

**Should you have any queries regarding signing up for these webinars please contact: Lucy Jacobs GHT/MHST Business Support Manager, [lucy.jacobs@berkshire.nhs.uk](mailto:lucy.jacobs@berkshire.nhs.uk)**

### 3. PPEP Care 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 and Mental Health Support Teams and Educational Psychologists. Please see full list of modules below:

#### **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
- Behaviour 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
- Attachment
- 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

### 4.1 For RBWM staff only

#### Emotional Wellbeing Champions Programme 2023

2023 Senior School Mental Health Ambassadors programme. The Wellbeing Team invites you to take part in the 2023 Senior School Mental Health Ambassadors programme. The programme supports schools to develop a positive culture around mental health. A training day on 14th March (9.30am-2.30pm) offers students the opportunity to further their knowledge and create their own anti stigma campaigns within their school. New for this year is the opportunity to explore the use of rap music to express messages around Mental Health. Are you interested in taking part?

Please contact Natalie Evans [natalie.evans@achievingforchildren.org.uk](mailto:natalie.evans@achievingforchildren.org.uk) or Hariette Sarner [hariette.sarner@achievingforchildren.org.uk](mailto:hariette.sarner@achievingforchildren.org.uk) for further programme and registration information.

2023 Emotional Wellbeing Champions programme for Primary Schools. The Wellbeing Team invites you to take part in the 2023 Emotional Wellbeing Champions programme for Primary Schools. 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 Natalie Evans [natalie.evans@achievingforchildren.org.uk](mailto:natalie.evans@achievingforchildren.org.uk) or Hariette Sarner [hariette.sarner@achievingforchildren.org.uk](mailto:hariette.sarner@achievingforchildren.org.uk) for further programme and registration information.

#### Parent Child Attachment Play

- Would you like to develop skills to help your child with their emotions?
- Explore ways to help your child make positive choices and reduce challenging behaviour?
- Strengthen your relationship with your child?

If you answered yes to any of these, the Parent Child Attachment Play Course could help!

#### What is Parent Child Attachment Play?

A 12-week therapeutic parent skills group, led by Play Therapist Natalie Evans. There will be 5 face to face 2-hour group sessions and 7 one to one sessions either by telephone or online. It is not a quick fix for your child but a sustainable way of using your established relationship to create therapeutic, long-lasting change. Whilst boosting both you and your child's confidence.

### Course Arrangements:

Tuesday mornings 10.00 – 12.00 for group sessions. Venue to be confirmed.

Dates: 18th April, 25th April, 9th May, 23rd May and 27th June.

Please contact [natalie.evans@achievingforchildren.org.uk](mailto:natalie.evans@achievingforchildren.org.uk) for more information.

### Family Hub Service:

Our service aims to work together with a family to achieve positive outcomes and build a supportive network of support to ensure long lasting impact. Our service offers a wide range of support based around the needs of families, this could be an issue that affects a child/young person or the family as a whole. Within the Family Hub Service there are; Family Coaches, Family Hub Workers, Youth Workers, Parenting Workers, Substance Misuse Workers, Knife Crime Worker and the Youth Engagement Officer. The offer consists of both 1-1 case support and group delivery. Our service sits within Early Help in Children's Services, Achieving for Children supporting those families who live and/or are educated in RBWM.

### Support for Parents/Carers:

<https://rbwm.afcinfo.org.uk/pages/community-information/information-and-advice/family-hub-service/support-for-parents>

### Support for Children and Young People:

<https://rbwm.afcinfo.org.uk/pages/community-information/information-and-advice/family-hub-service/support-for-children-and-young-people>

### Youth Voice:

<https://rbwm.afcinfo.org.uk/pages/community-information/information-and-advice/family-hub-service/youth-voice-and-peer-mentoring>

### Parenting Groups:

Group Information: <https://rbwm.afcinfo.org.uk/pages/community-information/information-and-advice/family-hub-service/support-for-parents/group-programmes>

Group Referral Link: <https://docs.google.com/forms/d/e/1FAIpQLSd24M6bavFiQBIVT3-VyJp0G8Z9PZoYddxF1bUKhqCV0QiWaw/viewform>

- **Freedom:** 12th January (Spaces Available)      Next: March
- **Incredible Years:** 11th January (Full)      Next: April
- **Space:** 20th February (Spaces Available)      Next: June
- **Baby Massage:** 10th January (Full)      Next: March
- **Triple P Teen:** 17th January (Spaces Available)      Next: April
- **Triple P Transitions:** 12th January (Spaces Available)

For further information, including how to make a referral email: [familyhubs@achievingforchildren.org.uk](mailto:familyhubs@achievingforchildren.org.uk)

## 4.2 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.

### 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 CanDo 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.

**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. All the details can be found by school 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.



#### 4.3 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.

## 5. KOOOTH Resources and Webinars



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, secure and pre-moderated.

Kooth is commissioned by the NHS to provide services to young people who live or go to school in East Berkshire aged 10-25 years. 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 Lana Nagle (Kooth Engagement Lead) at [lnagle@kooth.com](mailto:lnagle@kooth.com)

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

#### a) Back to school planning for Education 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 care initiative. There will also be an opportunity to ask our team any questions you may have. Please note these are for professionals only unless otherwise stated.

Dates for webinar sessions are ongoing throughout the year. 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 Lana Nagle (Kooth Engagement Lead) at [lnagle@kooth.com](mailto:lnagle@kooth.com).

#### **Kooth Mental Health Support: January Blues and Finance (professionals)**

[Thursday 26<sup>th</sup> January 10-11am](#)

#### **Young Male Mental Health (professionals)**

[Tuesday 31<sup>st</sup> January 4-5pm](#)

## Children's Mental Health Week

**Kooth (CYP)** 4 x 30 min live sessions for children and young people to join via class or in college

- [Monday 6<sup>th</sup> February 10-10.30am \(years 6-8\); 10.30-11am \(years 9-13\)](#)
- [Thursday 9<sup>th</sup> February 1-1.30pm \(years 6-8\); 1.30-2pm \(years 9-13\)](#)

### **Kooth (Professionals only)**

- [Tuesday 7<sup>th</sup> February 4-5pm](#)

## b) Kooth offer to Education Settings

Kooth can also provide FREE:

- Monthly e-bulletin with updates and further information relating to the service
- Virtual, pre-recorded or face to face Assemblies
- Wellbeing workshops on topics including Transition from Primary to Secondary School, Exam Stress, Anxiety, Young Men, Bullying (adaptable to curriculum, following assemblies)
- Promotional materials such as posters, Kooth cards and/or digital resources that can be used to share with students and on social media.

For more information and to book please contact Lana Nagle (Kooth Engagement Lead) at [lnagle@kooth.com](mailto:lnagle@kooth.com)

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



Number 22 is a well-known local charity, staffed by 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're 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.

### Our services include:

- ❖ Free counselling for Young People and adults
- ❖ We provide counselling in schools in Maidenhead, Windsor and Slough
- ❖ Transition groups for Year 6 pupils in primary schools
- ❖ A parent programme offering training and support in understanding adolescents
- ❖ Support line – a confidential telephone service for young people
- ❖ Seedlings Service – counselling and play therapy in primary schools
- ❖ Advocacy service – supporting children in contact with social service
- ❖ Hope – working with clients who have suicidal ideation
- ❖ Family Action – supporting young carers
- ❖ Reflective practice – offering support to DSLs in schools and staff in social care

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 or give us a call on 01628 636661. 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 those up to the age of 25 years from our main base at Portman Close, Bracknell. We also provide counselling to adults who care for and support young people, including parents, carers and professionals.

Youthline’s outreach programme supports all 11 secondary schools in Bracknell Forest providing a school based one-to-one counselling service and group work to students.

We can provide a safe space to talk to someone who is able to listen to you with respect and without making judgments to support you through life’s challenges and help you explore your personal thoughts, feelings, and experiences. One of our friendly counsellors will be assigned to work with you whatever your issue is. If things are getting you down, then talking to someone may help.

We offer a safe and supportive environment with a team of mainly volunteer counsellors – all who have had a DBS check, professionally supervised, and continuously updating their skills. We are a BACP Accredited and registered Charity, managed by professional staff and overseen by a team of Trustees who all come with a vast amount of experience working with young people.

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

## 8. Frimley Integrated Care Board (ICB) Workforce Offer

### Making Every Contact Count (MECC) eLearning and New toolkit

MECC is for everyone, it is not restricted to one person, profession or organisation. MECC enables the delivery of consistent and concise health and wellbeing information and encourages individuals to engage in conversations about their health at scale across organisations and populations. The fundamental idea underpinning the MECC approach is simple. It recognises that staff across health and care, local authority and voluntary sectors have thousands of contacts every day with individuals and are ideally placed to support health and wellbeing. MECC is intended for anyone who has contact with people to “Make Every Contact Count” and develop public health knowledge.

MECC Toolkit is now available which complements the existent 4 MECC eLearning sessions. The toolkit has more than 130 resources. Access the [toolkit](#) and more information on MECC eLearning [here](#).

The 4 MECC eLearning sessions are:

1. **What is MECC and why is it important?** <https://portal.e-lfh.org.uk/Component/Details/608793>
2. **How to have a MECC conversation** <https://portal.e-lfh.org.uk/Component/Details/609102>
3. **Signposting** <https://portal.e-lfh.org.uk/Component/Details/609180>
4. **Five ways to wellbeing** <https://portal.e-lfh.org.uk/Component/Details/478402>

## Every Mind Matters Lesson Plans on Mental Health Wellbeing:



[Mental wellbeing | Overview | PHE School Zone](#)

Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, ready-to-use content co-created with teachers, and young people.

These mental wellbeing resources can help teachers deliver lessons that engage young people on a variety of key issues including:

- Bullying and cyberbullying
- Self-care
- Physical and mental wellbeing
- Unhelpful thoughts
- Building connections
- Worry
- Social media
- Sleep
- Dealing with change
- Transition to secondary school
- Puberty
- Online stress and FOMO
- Alcohol
- Exam stress
- Body image in a digital world
- Forming positive relationships

Every Mind Matters can also support staff by providing simple, practical advice for a healthier mind.

## 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)

8Frimley Integrated Care Board (ICB 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*



**YOUNG**MINDS

**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 that might affect children, the behaviours that school staff might see that could indicate a child is struggling, and the strategies that school staff can employ to support them.



## 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](#)