

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

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

October 2022 – December 2022

As part of the CAMHS offer for early intervention we are pleased to offer the Autumn / Winter 2022 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. The themes are: Building better Brains for Lifelong Health, Zones of Emotional Regulation, Autism & Mental Health Pt1, Helping Your Child with Fears & Worries, Teen Brain, Attachment-focused Working with Teenagers and Understanding and Supporting Adolescents with Anxiety.

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. This digital 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

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
04/10/22	15:30 – 17:00	Building better Brains for Lifelong Health: The Oxford Brain Story	<p>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.</p> <p>This session will introduce the core story of brain development and how experience can shape lifelong health. It will provide you with an overview of the free-to-access Brain Story resources and practical ideas about implementation in your work.</p>	Professionals working with children, young people or parents.	<p>Presenter: Dr Louise Dalton, Consultant Clinical Psychologist, Dr Elizabeth Rapa, Senior Postdoctoral Researcher University of Oxford</p> <p>Facilitator: Ally Bradshaw, CAMHS Project Manager, Berkshire Healthcare</p>	To book a place please click HERE
12/10/2022	9:30 – 11.:30	Helping Your Child With Fears & Worries	A workshop for school staff in supporting parents/carers to recognise different anxieties in children. What is age-appropriate anxiety? How Cognitive Behavioural Therapy (CBT) is adapted for Children 12 and under. Learning skills and strategies to help parents engage with their children to deal with thoughts & behaviours associated with anxiety.	Professionals working with children, young people or parents.	<p>Presenter: Debbie Andrews, Senior Mental Health Practitioner, Berkshire CAMHS Anxiety & Depression Team</p> <p>Facilitator: Reka Hunyad, Senior Psychological Therapist & Clinical Supervisor, CAMHS, Berkshire Healthcare</p>	To book a place please click HERE
18/10/2022	10:00 – 12:00	Teen Brain	This webinar outlines the major changes that take place in the teenage brain. We will consider the challenges and opportunities that arise as a result of these changes, and the session will outline new research findings and will consider the implications of this new knowledge for professionals in their work with young people.	Professionals working with children, young people or parents.	<p>Presenter: Lisa Thomson, PPEPCare Training Lead, CAMHS, Berkshire Healthcare</p> <p>Facilitator: Lucy Jacobs, CAMHS MHST/GHT Admin Team Lead, Berkshire Healthcare</p>	To book a place please click HERE

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
09/11/2022	9:30 – 11:00	Zones of Emotional Regulation	This webinar will introduce the basic concepts underpinning the Zones of Emotional Regulation curriculum and ways to adapt this in schools and in the home environment. Different tools and ways to personalise these will be discussed.	All education settings and professionals working with children, young people.	Presenters: Dominic Jones, Educational Mental Health Practitioner, Bracknell, Berkshire Healthcare Facilitator: Mel Smart, CYP's Psychological Wellbeing Practitioner, Bracknell, Berkshire Healthcare	To book a place please click HERE
15/11/2022	14:00 – 16:30	Autism & Mental Health Pt1	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.	Presenter: Lisa Thomson, PPEPCare Training Lead CAMHS, Berkshire Healthcare Facilitator: Peter Saunders, Senior Psychological Therapist & Clinical Supervisor, CAMHS, Berkshire Healthcare	To book a place please click HERE
01/12/2022	15:45 – 17:15	Attachment-Focused Working with Teenagers	This webinar looks to explore how we can support adolescents by holding their earlier experiences in mind to help us to look beyond the behaviours we see and understand their underlying beliefs, feelings and needs. We hope for this to be an interactive workshop where we can discuss some case examples and share our experiences of working with teenagers who may have attachment difficulties, with a view to consider how we can help these young people to feel safe and to build trust in us and in themselves.	Professionals working with children, young people or parents within a Secondary School setting.	Presenter: Dr Natasha Patel, Slough MHST & GHT Team Lead and Charlotte Morton, Senior GHT Supervisor, CAMHS, Berkshire Healthcare Facilitator: Lucy Jacobs, CAMHS MHST/GHT Admin Team Lead, Berkshire Healthcare	To book a place please click HERE
08/12/2022	15:30 – 17:00	Understanding and Supporting Adolescents with Anxiety	This seminar will help you better understand the different anxiety disorders and the difficulties associated with anxiety that many adolescents face. We will then learn about how we can support young people to overcome their anxiety as we introduce various CBT strategies and skills.	Professionals working with children, young people or parents.	Presenter: Stephanie Seddon, Advanced Mental Health Practitioner, Berkshire CAMHS Anxiety & Depression Team Facilitator: Lucy Jacobs, CAMHS MHST/GHT Admin Team Lead, Berkshire Healthcare	To book a place please click HERE

Should you have any queries regarding signing up for these webinars please contact: Lucy Jacobs Admin Team Lead, lucy.jacobs@berkshire.nhs.uk
07929 841 011

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. 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
- 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 - a 7-week course for parents/carers:

RBWM Wellbeing Team and Getting Help Team: "Helping Your Child" Parenting Group

This group will be co-delivered by the Getting Help Team and the Wellbeing Team in The Royal Borough of Windsor and Maidenhead for parents of children who are experiencing anxiety. This group involves working with parents to implement strategies to help them manage their child's anxiety and increase parental confidence through peer support. There is some required reading as this group intervention is accompanied by the book; "*Helping Your Child with Fears and Worries*" by Lucy Willetts and Cathy Creswell.

This Autumn, there will be 6 group sessions over 7 weeks. The group will be held at the Windsor Family Hub (Alma Road) on Wednesday mornings from the 5th of October starting at 9:45am (each session lasts 1.5 hours).

The group is intended for parents who have been referred specifically for support from the Wellbeing and Getting Help Teams through the Early Help Hub. Referral to both services can be actioned via the school, the Wellbeing Team link practitioner or via a self-referral through the Early Help Hub.

Contact Harriett Sarnier (harriette.sarnier@achievingforchildren.org.uk) or Bonnie Brittle via Getting Help (CAMHSGettingHelpEast@berkshire.nhs.uk) for further information.

Parent Child Attachment Relationship Group

This programme supports parents to develop non-directive play skills to enhance their relationship with their child and build children's self-responsibility and self-esteem. We are planning to run our next group in January 2023. Please contact Natalie Evans natalie.evans@achievingforchildren.org.uk to discuss possible referrals and to add your name to our mailing list so you are alerted once details of our next group are confirmed.

Emotional Literacy Support Assistant Training –

The RBWM Educational Psychology Service will be delivering the six day ELSA training on 27th, 28th September, 5th, 11th, 18th and 20th October at Moor Hall, Cookham. Please click on the link to register a member of RBWM school staff for the training: :

<https://forms.gle/s2TkzpUZ5FmcRe789> - closing date 15th September 2022.

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 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.

4.4 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, see here.

You may be able to claim grant funding for this training. The DfE grant is a contribution to the cost of training and the hiring of supply staff whilst leads are engaged in learning. The opportunity is currently open to all state schools and colleges in England, and will be allocated to schools with an identified senior lead and the capacity to undertake training for the role before 31st May 22. DfE will confirm the position on issuing grants for courses starting from June 2022 later in the spring.

You can now apply for a senior mental health lead grant to commence training up to 31 May 2022, or for further information see here: **[DfE – Senior Mental Health Leads training](#)**

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

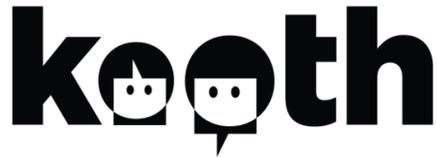


[DfE funded training for Mental Health Leads – information session – Creative Education](#)

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

5. KOOOTH 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 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 Lauren Munro (Kooth Regional Manager) at lmunro@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.

Dates for webinar sessions are ongoing throughout the year and can be booked [here](#).

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 Lauren Munro (Kooth Regional Manager) at lmunro@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 interventions. The sessions will demonstrate the Kooth features and answer frequently asked questions.

Please share [this link](#) with parents and carers for them to register for an upcoming session.

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 Lauren Munro (Kooth Regional Manager) at lmunro@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 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

COUNSELLING SERVICE

A SERVICE FOR YOUNG PEOPLE AND THOSE WHO CARE FOR AND SUPPORT THEM

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.

Youthline Plus service also offers free individual 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 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 criminal record check, professionally supervised, and continuously updating their skills. We are a 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. CCG Workforce Offer

Charlie Waller Free Webinar Programme



We are running a series of live webinars for parents, carers and educators. They are all presented by our mental health trainers, speakers and guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing. Topics include 'The Teen Brain', 'Sleep' and 'Perfectionism'.

The webinars explore strategies for maintaining positive mental health, paying attention to our own wellbeing and supporting those around us.

Upcoming courses:

September:

Supporting a young person experiencing thoughts of suicide:

- Tuesday 20th September: 18:00 – 19:30

Asking for help - what are the barriers, and how can we overcome them:

- Monday 26th September: 12:00 – 13:30

October:

Supporting the mental health of children and young people with SEND:

- Wednesday 5th October: 12:00 – 13:30
- Thursday 18th October: 18:00 – 19:30

Relationships Matter:

- Tuesday 11th October: 12:00 – 13:30
- Monday 24th October: 18:00 – 19:30

More dates and titles to come so please check <https://charliewaller.org/what-we-offer/free-webinars/> for more information on latest 2022 schedule.

Five to Thrive

The 90 min '**Five to Thrive**' pre-recorded training webinar titled '**Attachment, Trauma & Resilience: the importance of relationships from birth and beyond**' is available to watch.

The purpose of this training is to help practitioners:

- Understand how relationships promote healthy brain development in children and young people and maintain healthy brain function throughout the life span,
- Understand the impact of unregulated stress on brain function,
- Understand promoting recovery for traumatised people
- Understand key issues in building resilience.

To access register at <https://connected.kca.training/register.cfm?form=Frimley-FTT>. Complete a quick baseline survey and then can select one of two boxes of the pre-recorded webinars (ignore that the date has past and it is mandatory to tick one box anyway).

You will then be emailed your log in details for the web platform where you can log in and view the recording. If you also complete the evaluation after watching the webinar, then you will also get free access to additional eLearning within the web platform.

Context

To help us meet the priorities in The Local Transformation Plan (LTP) for Children and Young People's Mental Health and Wellbeing and Neurodiversity 2021-2024 and to enhance our preventative/early intervention offer across a variety of sectors, we are offering training to frontline staff in the principles and practice of KCA's "5 to thrive" model. 5 to Thrive was initially developed to provide practical ways to improve attachments between the primary caregiver and infant; it is well reported that positive relational responses based on Attachment Theory can reduce mental health problems later in life. Since its initial creation it has been adapted to support children/young people and adults.

For more information email cypmhtraining.eastberks@nhs.net

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

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 Frimley 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



YOUNGMINDS



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

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.**

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