

Kind Minds Newsletter



**Children and young peoples' mental health and emotional wellbeing
Staffordshire**



Welcome to this Summer edition of Kind Minds.

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

We produce a newsletter every term and **we would welcome your thoughts on the types of information that would be most useful to you.**

Please get in touch with ideas, contributions or to be added to the distribution list:



sandra.webb@staffordshire.gov.uk



Calling all Community Groups!

Action for Children can help with a number of low-level emotional health and wellbeing needs including preparing for transitions and school exams. Maintaining positive emotional wellbeing and learning some simple strategies to manage anxieties early can prevent difficulties escalating.

As part of our prevention offer we have several workshops that we are happy to deliver to children, young people and families across Staffordshire either via school or community groups such as Brownies, Guides, Gym, football clubs, faith groups for example.

These workshops include:

- **The Decider Skills for young people** - Helping young people build their own skills to use in life.
- **Keeping our wellbeing on track** - Looking after our own wellbeing is so important.
- **Understanding our emotions** - Helping younger children understand their own emotions.
- **Supporting my Teen with anxiety** - Helping parents and carers gain a better understanding of teenage brain development.
- **Communicating with my child** - strategies, tips and ways that you can best communicate with your child when they're anxious



If you would like to know more, please contact us or visit our website on [Staffordshire Emotional Health and Wellbeing Service \(actionforchildren.org.uk\)](https://www.actionforchildren.org.uk) to gain access to further tools, techniques and referral information.



The following videos may be useful:

- Fight, Flight or Freeze: <https://youtu.be/HRpzaKpBuoA>
- Flipping Your Lid: <https://youtu.be/tMa8PWhVPK0>
- Grounding Techniques for Young People: <https://youtu.be/xCc-mpPCM6E>
- Silver Cloud: <https://actionforchildren.silvercloudhealth.com/signup/>
- Parent Talk: <https://parents.actionforchildren.org.uk/>

New! Interactive Worry Videos

In addition we are pleased to be able to launch our NEW interactive worry video's. There are two videos per age group; 5-10yrs are Cosmo and the worry Monster and age 10+ are Time to Shine videos. These videos give children and young people the strategies they need to manage low level worries. The videos are accompanied by a workbook to complete alongside. Take a look at the clip [Time to Shine Fight Flight Freeze \(youtube.com\)](https://www.youtube.com/watch?v=Time%20to%20Shine%20Fight%20Flight%20Freeze)

If you would like to know more about accessing these videos please contact us.

Worried about your child moving up to 'big school'?

Timid to Tiger is a parenting-based approach to managing anxiety in children and can be particularly helpful for children who are experiencing separation anxiety. The course for parents of children aged 8-11yrs has been written by clinical psychologists and aims to teach parents and carers Cognitive Behavioural Techniques (CBT) to help them to help their child to manage their worries and fears. The course uses attachment-based play and gentle disciplinary techniques to help build and strengthen the parent-child bond. It teaches tools to help manage children's fears and worries.

One parent told us 'being in a group with other people has helped, knowing you're not alone. I think it is great how it is acknowledged that not all things suggested will work for your child but with support you can try to see what works.'

Wait times

Our wait times can differ depending on the young person's pathway. Wait times for a group workshop are minimal enabling children and young people to receive support quickly so please encourage children and young people to access this support.

Wait times for one-to-one sessions are longer and we are working hard to reduce this. While we understand some children and young people prefer this type of support we would encourage them to try a group workshop. This can be a great way to see that others have similar emotions and difficulties and therefore reduce their feelings of isolation.

Our overall average wait times are currently:-

Referral to assessment - February - 5 days

Assessment to intervention - February - 1 day

To contact us, check progress of a referral or get some information, advice and guidance

email staffordshireewb@actionforchildren.org.uk

Our website: [Staffordshire Emotional Health and Wellbeing Service \(actionforchildren.org.uk\)](https://www.actionforchildren.org.uk/staffordshire-emotional-health-and-wellbeing-service)





Children and Young Peoples Mental Health Participation Team aims to put the experiences of children, young people, parents, and carers at the centre of service design and delivery.

A key aim of the participation team, is to champion the voices that matter most, to shape the things that matter most to them, so that:

- Young people have a “stake” in the services they use.
- Lived experience shapes the services for our local communities, and
- The voice of young people is central to the development of services offered.

So how do children and young people get involved?

Getting involved can range from online comments, feedback surveys, interview panels and attending groups/forums, discussing any specific topics and so much more!

If you are interested please follow the link Children and Mental Health Participation Sign-up form. [CYP Mental Health Participation sign-up form \(office.com\)](https://office.com)

Or if you have any queries the team can be contacted by emailing participation@mpft.nhs.uk or by ringing 07971 920 817 for more information go to their website: [Children and Young Peoples Mental Health Participation Team](https://www.mpft.nhs.uk/children-and-young-peoples-mental-health-participation-team)

Mental Health Support Teams in Schools

Mental Health Support Teams (MHSTs) are continually fully funded by the NHS and are designed to support schools to embed a positive culture towards mental health and help meet the mental health needs of children and young people from 5 to 18 years old in an education setting.

In Staffordshire and Stoke on Trent we are fortunate to have MHSTs established in each area within the ICB and there will be further expansion of MHST coverage in January 2025 with an additional MHST being established in North Staffordshire and in Stoke on Trent itself.

MHSTs have three core functions:

- To deliver evidence-based interventions for mild to moderate mental health issues;
- To support the senior mental health lead in each school or college to introduce or develop their whole school or college approach;
- To give timely advice to school and college staff and liaise with external specialist services to help children and young people get the right support

MHSTs can offer 1:1 support to pupils with an identified mental health issue, examples being low mood, anxiety or behavioural difficulties.

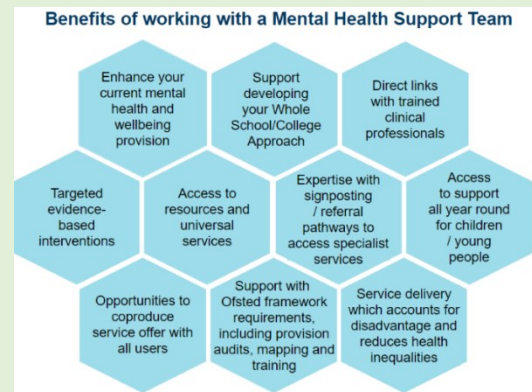


The Whole School Approach is aimed at supporting schools to create and maintain mentally healthy environments to support learning, pupils and staff.

It has eight principles:



There are a number of benefits to schools in working with an MHST:



Unfortunately, not every school in Staffordshire and Stoke on Trent will be able to access an MHST. This is because the central funding for MHSTs from NHS England only allows for a certain size of MHST in each area and so each team has a finite capacity. Schools invited to receive MHST support have been selected in accordance with a number of criteria such as deprivation indices and frequency of referrals to MH services. The idea has been to try and target MHST capacity to where we feel it is most needed.

In **Lichfield, Cannock, Stafford** and **Seisdon**, a number of schools have been approached with an Expression of Interest letter to receive MHST support. There are still some schools who have not signed up for this. **If you have not yet please respond to the Expression of Interest which has been sent out.**

If you are not sure whether your school has access to an MHST please use the contact details at the end of this article.

What MHSTs Would Expect From Schools:

MHSTs would expect a confidential space for therapeutic sessions and staff engagement with our Education Mental Health Practitioners

Finally it's important to note that access to an MHST does not replace a school's access to other services; MHSTs are designed to work alongside other services and not replace them.

MHSTs in **North Staffordshire and Stoke on Trent** are provided by **North Staffordshire Combined Healthcare NHS Trust**. To see a list of schools in those areas with an MHST working in them please follow this link; [Our Services \(combinedwellbeing.org.uk\)](https://www.combinedwellbeing.org.uk)

MHSTs in **South and East Staffordshire** are provided by **Midlands Partnership University Foundation NHS Trust**. To check whether your school is covered by an MHST please use the following e-mail address; referralsMHST@mpft.nhs.uk



Making a referral for children and young people's mental health and emotional wellbeing support in Staffordshire

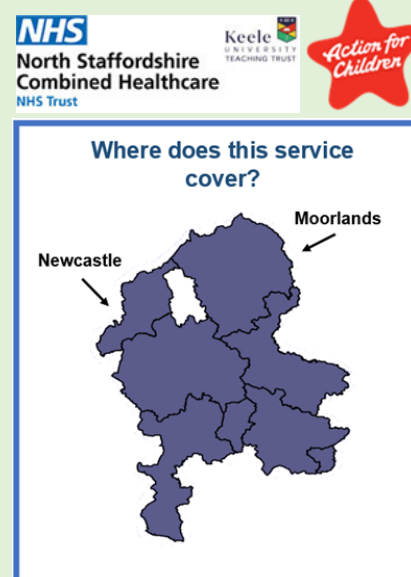
Support and guidance are provided through the single points of access for north and south, they will triage information provided to understand the needs of the child, young person, and their families. Simplifying the way children, young people, their families or carers seek care, support and guidance, also how professionals and others can make a referral.

North Staffordshire:

- Child and adolescent mental health services are accessed via the **Single Point of Access (SPA)**, bringing together children and young people's mental health services including Action for Children.
- The **Crisis Care Centre** can take telephone calls / referral forms from self-referral or from professionals.
- Referrals are screened by the CCC and passed over to the duty team for triage.

Telephone: 0800 0 328 728

Online referrals: <https://combinedwellbeing.org.uk/da-our-services/>



South Staffordshire:

- Child and adolescent mental health services are accessed via the **Children and Families Single Point of Access (CaFSPA)**, bringing together children and young people's mental health services including school nursing and Action for Children.
- The **CaFSPA** can take telephone calls / referral forms from self-referral or from professionals.
- Referrals are screened and triaged by the CaFSPA.

Telephone: 0808 178 0611

Email referrals to: CaFSPA@mpft.nhs.uk

Please visit website for more information:

<https://www.mpft.nhs.uk/about-us/latest-news/children-and-families-single-point-access>





Mental Health Leads in Education Network

The Mental Health Leads in Education Network continues to grow, with colleagues from education settings across Staffordshire and Stoke on Trent. Meetings are held termly and are a way of sharing information, resources and best practice as well as offering an opportunity for mental health leads to come together to ask questions, seek support, and share ideas.

The focus of the Spring meetings was Staff/adult mental health and wellbeing. The South meetings had presentations from Staffordshire Educational Psychology Service with Assistant Educational Psychologist Peter Huyton, Sophia Thomas and Brad Hatton sharing the Staffordshire Educational Psychology Service Wellbeing resource. Marie Boardman from Talking therapies explained what is offered from their service and how to access support. North meetings had presentations from Dr Helen Emsley Specialist Senior Educational Psychologist for Stoke-on-Trent council who shared resources on how to support Staff wellbeing. Jess Boot from Talking therapies explained what is offered from their service, as well sharing resources for Men's mental health.

Meeting Chairs Lyse Edwards, Helen Dunn and Heather Griffith led productive discussions sharing what works well in supporting staff as well as the barriers often faced. Lyse shared links to some great resources for giving and getting help, exploring worries and liberating structures, these links have been added to the Padlet.

Network members are given access to Padlets, which allows members to chat with colleagues in between meetings, continue to share ideas and seek support from peers. Building on this positive peer support, we established a list of **'buddies,'** where settings have indicated that they wish to 'buddy up' with others. This helps the conversations and support to continue across the Network, between termly meetings.

We are creating a steering group to shape meetings; looking at structure of meetings and content, times/dates of future meetings. It would be great to have some of the network members as part of this, we have had some volunteers so if you are a member of the network and would like to be part of a group to have a role in shaping the meetings, please do email Sandra or Heather. We have also had some volunteers to contribute and deliver in future meetings so **if you have something you could share/discuss/present at meetings please do get in touch**, some ideas have been sharing good practices, supervision of staff, wellbeing recovery action plans, wellbeing awards.

Mental health leads in education network upcoming meeting dates:

Date	Time	Districts
Summer Term 2024:		
Tuesday 18 th June 2024	07:45 – 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thursday 20 th June 2024	16:00 – 17:00	



Tuesday 11 th June 2024	07:45 – 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thursday 13 th June 2024	16:00 – 17:00	

All meetings take place via Microsoft Teams. Those on the distribution list will be sent a Teams link to allow them to join the meeting as well as an agenda nearer the time.

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



Staffordshire schools / settings: sandra.webb@staffordshire.gov.uk



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



Senior mental health lead training: Find out how your school or college can apply for a grant and access DfE quality assured training to help develop a whole school or college approach to mental health and wellbeing.

The Department for Education is offering grants of £1,200 to eligible schools and colleges (settings) to pay for senior mental health lead training.

The grant must be used to pay for DfE quality assured training. This training will provide a senior mental health lead in your setting with the knowledge and skills to implement and sustain a [whole school or college approach to mental health and wellbeing](#).

Eligible schools and colleges are now able to apply for a senior mental health lead training grant to commence training by 31 March 2025. Grants will be provided to cover (or contribute to) the cost of attending a quality assured course and may also be used to hire supply staff while leads are engaged in learning for more information and [Senior Mental Health Lead Training](#) For eligibility and grant conditions please see link: [Senior mental health lead training: conditions of grant](#)

Schools can now also claim a 2nd grant [here](#) if their trained mental health lead left the setting before fully developing their whole school or college approach.

**** New toolkit and resource hub ****

A [new resource hub](#) to help **mental health leads** embed a **whole school or college approach** to mental health & wellbeing, has been developed by **Anna Freud**, in partnership with education representatives and mental health experts.

A new [targeted mental wellbeing support toolkit](#) is also available. This provides a practical guide and filterable tool to help schools and colleges review, refresh and develop effective targeted support for pupils and learners with social, emotional and mental health needs.

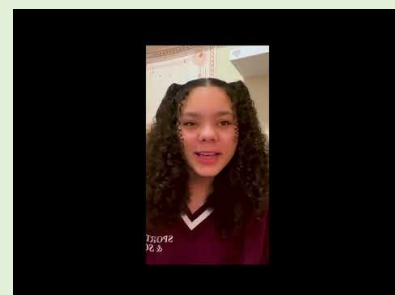
Teaching blog is a great way of sharing good practice on many aspects including Improving wellbeing support for pupils through senior mental health lead training. Read the blogs here: [Teaching \(blog.gov.uk\)](#)



Exam time can come with a lot of pressure and stress.



Mind explain what causes and how exam stress might affect young people and top tips and where to find support: [Information for 11-18 year olds - Exam stress - Mind](#)



Shiloh shares some ways to look after your wellbeing when dealing with exam stress



Ofqual have a guide for students to help to cope with exam pressure and planning revision. [Coping with exam pressure](#)



Young Minds have a guide for young people with revision tips, dealing with disappointment and getting help. [Exam Stress | How To Deal with Exam Stress | YoungMinds](#) They also have a Parents guide with things that can help your child in the lead up to exams

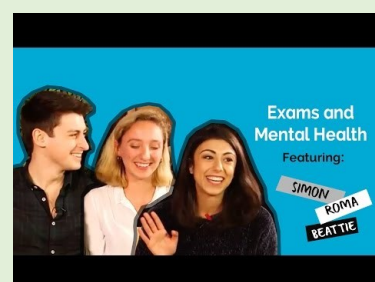
[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)



For **Exam stress tips** for students, schools and parents/carers visit Place2be [Navigating exam season resources - Place2Be](#) as well as how young people can **look after themselves** on lead up to and during **results day** and schools, parents/carers can support young people on the ups

and downs of results day

Watch Roma, Simon and Beattie talking about how to spot signs that exams are impacting your mental health



Let's talk about anxiety

Anxiety is a normal emotion - it's one of our body's natural reactions to stress. It's Important that young people have the tools to manage feelings of anxiety and can tell the difference between what are normal emotions and what is more severe anxiety which is interfering with their everyday life. Resources and an animation are available from **Anna Freud** for school staff to help 11-13-year-olds understand and manage anxious feelings. [Let's talk about anxiety: animation and teacher toolkit | Anna Freud](#)



Change is a normal part of life; transitions can happen through school years and can be small or big changes. Some changes can be exciting - but others can be stressful, worrying and upsetting. Young Minds have a guide for parents and carers: [Transitions and change | Mental Health Parent Guide | YoungMinds](#)



Action for Children also have a guide to help support children in **transitions**: [My child is anxious about school transitions or changes - Support for Parents from Action For Children](#)



Many autistic children and young people find the change of starting or moving to a new school difficult. Advice about strategies and support that can help during key life transitions – starting or changing school, leaving school, and starting or leaving college or university can be accessed here: [transitions england \(autism.org.uk\)](#) .



have resources to help pupils, schools, parents and carers to cope with the changes and transitions they experience during their time at school. [Supporting school transitions | Resources | YoungMinds](#)



Check out the Summer reading challenge, create a profile and get rewards, play games and earn badges.
For more details: [Summer Reading Challenge](#)

Libraries have lots of activities as well as books for children and young people, to find out what's happening near you: [Libraries and arts - Staffordshire County Council](#)

Reading Well for teens suggests recommended reading and digital resources to help young people understand their feelings and boost their confidence. Teens and health and wellbeing experts have chosen the books to help young people manage their emotions and cope with difficult times. [Teens | Reading Well booklists](#) this booklist is targeted at **teenagers (13-18)**. Look for the **Reading Well for teens** books in your local library – they're **free to borrow**.

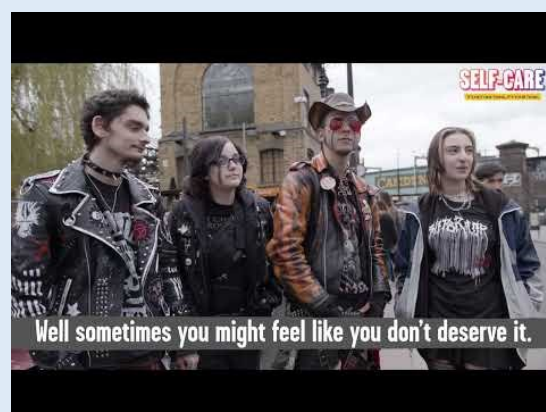
Reading well for children provides quality-assured information, stories and advice to support children's mental health and wellbeing. Books have been chosen and recommended by leading health professionals and co-produced with children and families. [Children | Reading Well booklists](#) this booklist is targeted at children in **Key Stage 2 (aged 7-11)**, but includes titles aimed at a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers. Look for the **Reading Well for children's** books in your local library – they're **free to borrow**.





have resources for **self-care support over the summer holidays**, check out the pages which explain what self-care is, real stories from young people and **finding out what self-care works for you**: [Self-Care | Young People's Mental Health](#)

Watch on YouTube: [What does self-care really mean?](#)



There are also **teaching resources with tips and practical tools to help pupils look after their mental health over the summer** and feel positive about the upcoming holidays. 10 ways to celebrate the year, celebrating achievements lesson plan and preparing pupils for summer holidays. [Self-care support in the summer holidays teaching resources](#)



Amparo is a **free and confidential** commissioned **bereavement support service** for **anyone** affected by suicide in Staffordshire and Stoke-on-Trent for more information:

[Staffordshire and Stoke-on-Trent - Amparo](#)

Amparo's local Liaison Workers aim to make initial contact within 24 hours of a referral being made.

To find out more about Amparo, or to make a referral, [visit this page](#). Call 0330 088 9255

If you're a professional and want to learn more about the **Amparo** service and the support offered, **book onto one of the free briefing sessions** [here](#).

Dates are available for April/May/June.

Amparo can support in a range of ways:

- One to one individual support
- Help with any media enquiries
- Practical support when dealing with the Police or Coroner
- Help overcoming feelings of isolation
- Putting you in touch with local services that can help

Amparo provides support within schools understand different stages of grief and also work with pupils.





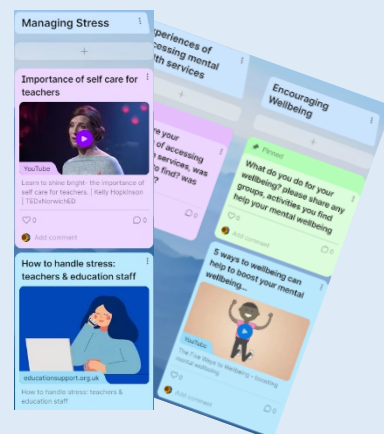
School Staff Mental Wellbeing: A school staff survey was undertaken to understand the provision of wellbeing and mental health support to staff and students in schools across the county. It identified a recommendation that staff who have used support services should be encouraged to share their experiences with other staff to reduce stigma and prejudice.

We have produced **a padlet for school staff to share their experiences of accessing mental wellbeing services, breaking down stigma, supporting each other and promoting mental wellbeing.**

A Link and guidance to the padlet has been sent via the school e-bag. If you are a member of school staff and would like to access the padlet please email: sandra.webb@staffordshire.gov.uk

We would like school staff to get involved, share and support, we would welcome you sharing:

- Experiences of accessing mental health services.
- Ways to boost wellbeing.
- Apps and websites you know/have used.
- Ways to manage stress.



Has a practical toolkit for school leaders. It includes exercises, tools and tips to help school leaders

implement healthy habits for supporting their own wellbeing and the wellbeing of their staff. [How to maintain a healthy mind and culture during periods of challenge](#)



The Wellbeing College

offers a range of Free co-produced wellbeing workshops for anyone aged 18 or over in Stoke-on-Trent, Newcastle-under-Lyme, and the Staffordshire Moorlands covering any topic related to wellbeing. [Wellbeing College \(combined.nhs.uk\)](#)



The Wellbeing and Recovery College provides recovery-focussed education courses that are free and open to anyone aged 18 or over who live in Staffordshire, Shropshire, Telford & Wrekin and Stoke on Trent. Courses are a mixture of in

person or online. [WRC Spring 2024 Prospectus.pdf \(mpft.nhs.uk\)](#) [Wellbeing & Recovery College](#)



Research into retention of educators seeking participants.

Fantastic staff are leaving the education sector with worrying frequency. Whilst workload is often a key driver in this, many staff also identify low self-efficacy and lack of appropriate training as factors.

Following on from their previous study into staff wellbeing, ASCL's leadership development manager is **conducting research into the protective effects of CPD on staff retention.** This will contribute to their masters in organisational psychology at Birkbeck, University of London who have provided ethical approval for the study.

The **research focuses** on how the **type and quantity of CPD** received affects an individual's **desire to remain in post** and how their self-efficacy can alter this relationship. It is hoped that the results of this study can be used to better apply CPD as a retention tool for staff. It may also help to uncover gaps in provision based on role and seniority. Results will be shared across the sector, and you can sign up to receive them directly at the end of the survey.

If you work in education from primary to college, and are keen for your setting(s) to take part, an easy to follow guide is linked [here](#). This guide links to templates and information to make sharing the research as easy as possible. **The survey itself should take no more than 9 minutes,** and if you can protect staff time for this, it would be a great help.

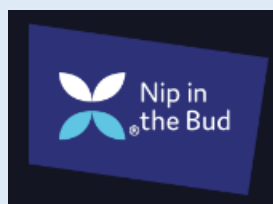


If you would like to personally **complete the survey, you can access** it through [this link](#) or **scan the QR code.**

If you have any questions please email: tfreen01@student.bbk.ac.uk; k.teoh@bbk.ac.uk



RESOURCES



Nip in the Bud® works with mental health professionals to produce FREE short evidence-based films, fact sheets, blogs and podcasts to help parents/carers, teachers and professionals working with children to recognise potential mental health conditions. Resources and videos about Child mental health conditions, neurodivergent conditions, wellbeing. [Nip in the Bud | Child Mental Health Resources for Parents and Teachers](#)





Helping Hearts Heal - **Grief Support for Children and Young People**

uses a combination of individualised techniques with the aim to help children process the

conflicting emotions they may be encountering surrounding loss and change in their lives, whether this is anticipated, a recent event, an historical bereavement or the cumulative impact of life loss events and trauma.

The main areas of support school communities can access include;

- 1:1 intervention work with child or young person. (Recommendation minimum of 8 sessions)
- Provide full training in 'Helping Children with Loss' to key staff in your setting. (2.5hrs x 4 wks - 10 hrs CPD endorsed by the Teachers Development Trust)
- Delivering Helping Children with Loss Workshop for staff/parents/carers/wider school community, so all adults know exactly what to do and say in those difficult conversations with children and young people.
- Teaching whole class KS1-4 Bereavement & Loss. (in line with PHSE curriculum)

For more information and costs involved please contact:

email: jill.frampton@jillframpton.co.uk tel: 07540 292384 www.jillframpton.co.uk

Dates for your diary - mental health and wellbeing celebration days



April	2 nd April	World Autism awareness day
		Building up to exams and assessments
May	13 th - 19 th May	Mental health awareness week
	20 th - 24 th May	Walk to school
June	24-28 June	School Diversity week and Pride Month
July		End of term and school transitions
	30 th July	International friendship day



Although just before our publication date **World Autism Awareness Day** is 2nd April. **National Autistic Society** has advice and guidance [Advice and guidance \(autism.org.uk\)](https://www.autism.org.uk) they resources for autistic teenagers, one explains energy accounting resource available here: [Energy Accounting](#)

View in YouTube: [Energy Accounting - YouTube](#)



Exam Stress Busting Resource Pack, weekly revision planner, **top tips dealing with SATs and tests** available from **Twinkl** [Exam Stress Busting Resource Pack \(teacher made\) - Twinkl](#)





Tips and ways to cope with **Exam pressure** can be found here: [Exam stress and pressure | Childline](#)

Anna Freud explains academic and exam stress, what is stress **identifying the signs and how schools and settings can help** [Academic and exam stress : Mentally Healthy Schools](#)



During Mental health awareness week the **BBC** have a live lesson Monday 13th May @ 11:00. Paralympian **Ade Adepitan** and Blue Peter's **Shini Muthukrishnan** are choreographing a new **BBC**

Moodboosters routine, and they want your pupils to get involved. Expert **Dr Radha Modgil** will be on hand to explain the links between physical and mental health and help children learn to recognise and talk about emotions Olympic & European Gold Medallist **Sam Quek**, as she shares her top tips for easy ways children can build activity into their day.

England captain **Harry Kane** will also be making a guest appearance, sharing his advice on how to express our feelings. See the Live lessons page for more information: [Mental Health Awareness Week 2024 - Live Lesson - BBC Teach](#) For more Mental health and wellbeing resources [Mental health and wellbeing teaching resources](#)



The theme of Mental Health Awareness Week 2024 is "Movement: Moving more for our mental health".

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week Mental Health foundation want to help people to find moments for movement in

their daily routines. [Mental Health Awareness Week | Mental Health Foundation](#) Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

Walk to school week challenge and other resources are available with costs from [Living streets](#)

June is Pride Month, people with LGBT identities may face extra challenges around getting the right support, Mind have some tips on getting support: [Support for LGBTQIA+ mental health - Mind](#)

School diversity week is the UK-wide celebration of LGBT+ equality in primary and secondary schools. Free resources are available from: [School Diversity Week - Just Like Us](#)



Videos and accompanying teacher guides to help new students settle into secondary school and **deal with the changes** that

come their way.

[Teacher resources for students transitioning to secondary school : Mentally Healthy Schools](#)





International Day of Friendship started in 2011 when it was officially recognised by the United Nations General Assembly. It is celebrated on 30 July each year and is all about **letting your friends know how much you care about them and celebrating friendship.**
[International Day of Friendship Twinkl resources](#)

Around 10 lives are prematurely lost each month to suicide in Staffordshire and Stoke-on-trent. **#TalkSuicide campaign** aims to bring local individuals, organisations and businesses together to help prevent suicide. You can sign up at **#TalkSuicide - #DoingOurBit (staffordshire.gov.uk)** for Free training, resources, downloads, and tools

**#TALK
SUICIDE**



PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Are you, or is a young person you know, not

copling with life? For confidential suicide prevention advice contact 0800 068 4141
pat@papyrus-uk.org text 88247 for more information see [Papyrus UK Suicide Prevention](#)

Need urgent help? If you need urgent support, feel unable to cope, are worried about your own mental health or someone you care for, help is available.



Call your **local NHS urgent mental health helpline 24 hours a day, 7 days a week:**

North Staffordshire (Stoke-on-Trent, Newcastle, Staffs Moorlands) on **0800 0 328 728 (option 1)**. If you have a hearing impairment or are unable to use the telephone, you can text the All Age Access Team on **07739 775202** and the team will respond as soon as possible (please note: this text service is charged at your network provider's rate).

South Staffordshire (Stafford, Stone, Rugeley, Cannock, South Staffs, Lichfield, Burton, Uttoxeter, Tamworth) on **0808 196 3002**. If you have a hearing impairment or are unable to use the telephone, you can email the All Age Access Team mhsi.staffordshire@mpft.nhs.uk and the team will respond as soon as possible.

Samaritans – confidential crisis support helpline, 24 hours a day, 365 days a year – **116 123**.
[Contact Us | Samaritans](#) they have email service and self help app

Is it an emergency? If someone's life is at risk because they have seriously injured themselves or taken on overdose call **999**. If you do not feel you can keep yourself, or someone else safe from immediate risk of harm, call **999**.





Training and Learning Opportunities



Improving children's
mental health

Mental Health Champions – Foundation free mental health training online. Free mental health training that will provide you with a deeper understanding of children's mental health. Whether you're learning about it for the first time or refreshing your current knowledge [Children's mental health training course \(place2be.org.uk\)](https://place2be.org.uk)



Transitioning from primary to secondary school is a particularly significant change for children.

Learning about change and how to cope with it will help them with this particular transition and prepare them for many other changes and challenges they will face in life. Find your feet is a webinar for staff to help pupils through the change. Watch in YouTube [Find Your Feet - Staff \(youtube.com\)](https://www.youtube.com/watch?v=...)



Evidence Library



A Systematic Review of School Transition Interventions to Improve Mental Health and Wellbeing Outcomes in Children and Young People. Interventions to target transitions have been used to support children and young people as they transition between school settings, but there is limited synthesis of their effects. Seven databases were searched to identify studies of universal interventions focused on supporting mental health and wellbeing: [A Systematic Review of School Transition Interventions to Improve Mental Health and Wellbeing Outcomes in Children and Young People | School Mental Health \(springer.com\)](https://www.springer.com/9781137591111)

Stress and Learning in Pupils: Neuroscience Evidence and its Relevance for Teachers

Stress can increase children's attention and learning capacities in some circumstances but hinder them in others. This is a review of intervention research on stress management techniques in children, concentrating on psychological techniques (such as mindfulness and stress reappraisal), physiological techniques (such as breathing exercises) and environmental factors (such as reducing noise). At the current time, raising teachers' awareness of pupils' differing stress responses will be an important step in accommodating the differing needs of children in their classrooms.

[Stress and Learning in Pupils: Neuroscience Evidence and its Relevance for Teachers - PMC \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/28111111/)



Useful helplines and websites

Childnet: Provides [online information](#) for parents around supporting children with gaming at different ages.

Parents can [download their Family Agreement template](#) and find tips on using it with their family.

The Mix: Offers online information as well as helpline support to under-25s about anything that's troubling them.

Email support is available via their [online contact form](#).

Free [1-2-1 webchat service](#) and telephone helpline available.

Opening times: 4pm - 11pm, seven days a week [0808 808 4994](#)

Childline: If you're under 19 you can confidentially call, chat online or email about any problem big or small.

[Sign up](#) for a free Childline locker (real name or email address not needed) to use their [free 1-2-1 counsellor chat](#) and email support service.

[Can provide a BSL interpreter](#) if you are deaf or hearing-impaired.

Hosts [online message boards](#) where you can share your experiences, have fun and get support from other young people in similar situations.

Opening times: 24/7 [0800 11 11](#)

Tellmi

Formerly known as MeeToo. A free app for teenagers (11+) providing resources and a fully moderated community where you can share your problems, get support, and help other people too.

Can be downloaded from [Google Play](#) or [App Store](#).



Below is a summary of who can access which service

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / Care Experienced within Staffordshire, excl. Stoke-on-Trent)
South Staffordshire CAMHS (MPFT)	Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, and Tamworth). Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
North Staffordshire CAMHS (NSCHT)	Supports children and young people living up to age 18 in North Staffordshire (North Staffordshire includes Staffordshire Moorlands and Newcastle-under-Lyme) Online referrals and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
Mental Health Support Teams in Schools	C&YP with mild to moderate difficulties, focussing particularly on low mood, anxiety, and behavioural difficulties. C&YP aged 5-18 *within Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent, Burton & Uttoxeter, Stafford, Cannock Chase, Tamworth, Lichfield *Participating schools only

thank you to our partners:



We love to hear your feedback, especially if you have shared websites or resources from Kind Minds with Children and Young people: what have you/they found useful? Please ensure any feedback from children and young people is anonymised.

Maybe you have something you would like to share that you find helpful to support Children and Young peoples' Mental health and emotional wellbeing.

Drop us a line at sandra.webb@staffordshire.gov.uk

