

7th – 13th
Feb 2022

'Kind Minds' Special Edition

Children's Mental Health Week 2022

This special edition of your regular 'Kind Minds' newsletter has been produced by several partner organisations across Staffordshire, to provide you with useful information and resources to support **Children's Mental Health Week 2022**. Your next regular issue of Kind Minds newsletter, which is produced every half term, will be available at the end of February 2022. As always, we welcome your thoughts of the type of information that would be most useful to you. Please contact louise.andrews-gee@staffordshire.gov.uk

From 7-13 February 2022, schools, youth groups, organisations and individuals across the UK will take part in **Children's Mental Health Week**. This year's theme is **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

For Children's Mental Health Week 2022, we are encouraging children (and adults) to consider how they have grown and how they can help others to grow.

Resources from Place2Be



Around five children in every classroom have a mental health problem and many more struggle with challenges from bullying to bereavement. Whether you're someone who works with children, a parent or carer, or passionate about spreading the word, you can get involved and help reach as many people as possible this Children's Mental Health Week.

Free resources for schools

Free [primary and secondary school resources](#) are now available, including assembly guides, slides, group activities, fundraising ideas and more to help schools and youth groups explore the theme of Growing Together.

Free resources for parents and carers

Parents and carers play a vital role in their child's mental health. Place2Be have shared some [top tips and activity ideas](#) to help you and your family take part in the week.

Find out more information from the Place2Be charity at:
<https://www.childrensmentalhealthweek.org.uk/about-the-week/>



52 Lives - School of Kindness resources

Kindness is a simple way to help EVERYONE. Did you know experiencing kindness can actually improve our mental health?

Research has shown that when we're kind, when someone is kind to us, or even if we just witness kindness, our bodies release feel-good hormones which lift our mood, giving us what's known as a 'Helper's High'. It's also been shown that people who are kind have much lower stress levels, age more slowly and have healthier hearts. Kindness isn't just a nice thing to do, but can help us improve our own well-being, while helping others at the same time. Children's Mental Health Week is the perfect place to start!

Resources for teachers

Lesson Plans – there are a range of free video lesson plans focussed on all aspects of kindness, which are a great resource for Children's Mental Health Week. They are designed for Key Stage 1 & 2, and meet many aims and objectives of the PSHE curriculum.

Find them here:

<https://schoolofkindness.org/resources-for-schools>



Self-Kindness Tips for Children – a great resource on why it's so important to be kind to our minds. Read 10 things we can do to help look after our mental health. Find this here: <https://schoolofkindness.org/10-ways-to-practise-self-kindness>

Resources for children

Kid's Kindness Club – children can join the free Kid's Kindness Club and receive a fortnightly email newsletter with Kindness Challenge, kind stories, competitions, quizzes, activities and the chance to earn your Kindness Badge and win prizes! Find out more here: <https://schoolofkindness.org/kids-club>

Kindness Calendar – This free Kindness Calendar can help you get into kind habits – spreading kindness for a whole month! Activities include being kind to yourself, being kind to others and being kind to the planet. Find out more here:

<https://schoolofkindness.org/kindness-calendar-for-children>



Kindness Books – Browse a selection of some of the School of Kindness's favourite kind books, here: <https://schoolofkindness.org/resources-for-schools/kindness-books>

Find out more about 52Lives School of Kindness, including a wider range of resources here: <https://schoolofkindness.org/>

To help children and young people to grow emotionally, and grow together as a whole school community, it's important that we embrace and celebrate diversity in all its forms.

It's vital that pupils feel able to be their full authentic selves in the school environment, and by encouraging this school staff will also support their pupil's wellbeing, confidence and self-esteem.

[Mentally Healthy Schools, from the Anna Freud National Centre for Children and Families](#) have produced a toolkit, with mental health resources for primary and secondary school pupils, themed around four different areas:

- Anti-racism
- LGBTQI+
- Girls and young women
- Disability and neurodiversity



Primary Toolkit – is available here:

<https://mentallyhealthyschools.org.uk/media/2752/primary-cmhw-2022-toolkit.pdf>

Secondary Toolkit – is available here:

<https://mentallyhealthyschools.org.uk/media/2753/secondary-cmhw-2022-toolkit.pdf>

Talking Mental Health teacher toolkit – this toolkit includes a lesson plan, animation, resources and assembly plan to get children talking about, and improving their understanding of mental health. Get this toolkit here:

<https://mentallyhealthyschools.org.uk/resources/talking-mental-health/>

You can find out more about these resources here:

<https://mentallyhealthyschools.org.uk/resources/growing-together-children-s-mental-health-week-2022-toolkit-of-resources/>

Or sign up for the Mentally Healthy Schools newsletter for more resources here:

<https://www.mentallyhealthyschools.org.uk/login-register/>

Young Minds provides mental health resources for professionals working with young people, including for school staff and for mental health professionals.

There are resources available to support building positive mental health in school, developing a whole school approach to wellbeing, responding to self-harm, supporting

school transitions, addressing trauma and adversity, posters and participation and much more!

You can access a range of resources here:

<https://www.youngminds.org.uk/professional/resources/>



Action for Children

Staffordshire Emotional Health and Wellbeing Service

Action for Children's Staffordshire service provides support to children and young people aged 5-18 (up to aged 25 years if young person is care experienced or has an Education and Health Care Plan), who are living in Staffordshire and experiencing difficulties with their mental health and wellbeing. The service also supports parents and carers.

The service offers a range of support, based on what the child or young person needs, including:

- Direct support (one to one therapy, group support sessions)
- Digital Support (online therapy, information and advice)
- Intensive support (targeted support, support for foster carers/ parents)
- Prevention and early intervention (community events, specialist training)

You can find out more about our local service and how to refer a child or young person here: <https://www.staffordshire-ewb.actionforchildren.org.uk/>

Also -

Action for Children also offer **The Blues Programme**, which gets young people talking about mental wellbeing. It is aimed at young people aged 13-19 years old and you can find out more about The Blues Programme here:

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/blues-programme/>

Parent Talk is Action for Children's online hub for down-to-earth parenting advice. Over 450,000 parents have been supported online since the service began in 2018. This includes online advice and one-to-one conversations. There is lots of information about Parent Talk here: <https://parents.actionforchildren.org.uk/>

'Can't Talk, Write' toolkit – writing things down has a positive effect on wellbeing and helps children and young people express what they are feeling and make sense of what is going on in their lives. Find the full range of toolkits available for free, here:

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/writing-for-mental-health/>

Where to get advice, help and more...

Children and Young People's Mental Health Support Pathway

You can find the interactive maps of **Children & Young People's Mental Health Support** on [Staffordshire Connects](#).

There are two maps – **North Staffordshire** And **South Staffordshire** (including *Stafford, Stone, Rugeley, Cannock, Seisdon Peninsula, Lichfield, Burton, Uttoxeter, Tamworth*) as there are some differences in the support and routes to access it across the two areas. It is worth noting that the full breadth of very localised services are not included in these maps.

These interactive maps show how self-help and low-level support can be accessed by children, young people and families around mental health and emotional wellbeing. They also show the way in which support can be accessed if needs around mental health and emotional health escalate.



Digital Combined Wellbeing Portal – North Staffordshire



For children and young people (up to age 18) who live in Stoke-on-Trent and North Staffordshire – North Staffordshire Combined Healthcare have a **CAMHS Digital Combined Wellbeing Portal**.

This digital health platform has a wealth of self-help information for children, young people, parents / carers and professionals about mental health and the services we can offer.

The digital platform facilitates access to routine online self-referrals for children and young people, without the requirement for them to go through their GP. This supports children and young people being able to access increased support and services whilst reducing waiting time for referral.

There are specific pages around Coronavirus and other topics including bullying, body image, feeling anxious and school life and there is further guidance and signposting for support on topics.

You can find the Digital Combined Wellbeing Portal at <https://combinedwellbeing.org.uk>.

MPFT Child and Adolescent Mental Health Services (CAMHS) Website



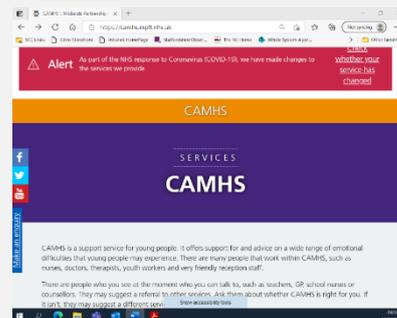
This website has pages for [young people](#) to find more information about mental health and emotional wellbeing. There are pages for [parents and carers](#) with resources and information to help support their child or young person experiencing difficulties/ unhelpful emotions. There is also a page for [professionals](#), with the latest referral forms for all CAMHS services across East and West Staffordshire.

The website also includes a [new self-referral pathway](#), so that young people wanting to refer into mental health services can do that themselves.

It also includes a [youth participation page](#). Youth participation actively involves young people in decision making processes on issues that affect them. The youth participation page is where young people can find out all about youth participation, find sign-up forms and upcoming events.

Find out more about the CAMHS services across East and West Staffordshire at the website, here:

<https://camhs.mpft.nhs.uk>



0-19 Families Health and Wellbeing's ChatHealth Text Service



ChatHealth is a **secure and confidential text messaging service** offered by the Staffordshire 0-19 Families Health and Wellbeing Service (FHWS) **for parents and young people aged 11-19 years** (Year 7 and above). It allows individuals to easily and anonymously get in touch with a local school nurse or health visitor for advice and support.

ChatHealth can be used to provide advice quickly (within one working day) on an array of issues such as: stress and anxiety, emotional health and wellbeing, general health queries, behaviour, bullying, alcohol and drugs, sex, contraception and relationships. Individuals can contact ChatHealth when they might want to avoid a face-to-face appointment in the first instance.

Young people in Staffordshire should text: 07520 615721

Parents in Staffordshire should text: 07520 615722

You can also contact the 0-19 Families Health and Wellbeing Service Hubs:

West Hub (covering Moorlands, Newcastle-under-Lyme, Stafford and Seisdon) via email at FHWS.west@mpft.nhs.uk or FHWS.west@nhs.net or call **0300 303 3923**.

East Hub (covering East Staffordshire, Tamworth, Lichfield and Cannock) via email at FHWS.east@mpft.nhs.uk or FHWS.east@nhs.net or call **0300 303 3924**.



NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust



NHS
**North Staffordshire
Combined Healthcare**
NHS Trust



Cannock Chase Clinical Commissioning Group
East Staffordshire Clinical Commissioning Group
North Staffordshire Clinical Commissioning Group
South East Staffordshire and Seisdon Peninsula Clinical Commissioning Group
Stafford and Surrounds Clinical Commissioning Group
Stoke-on-Trent Clinical Commissioning Group