

Issue 23:
Spring Term
2025

Kind Minds Newsletter



Children and young peoples' mental health and emotional wellbeing
Staffordshire



Welcome to this Spring 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

The way you get Kind Minds is changing.....

Instead of being a PDF attachment Kind Minds is going to be sent straight to your email, we are hoping this will happen in time for the next issue. **Why are we changing?** Sending the newsletter as a PDF means there can be difficulties using assistive technologies such as screen readers, magnifiers and literacy software. PDFs don't change size to fit the browser so are difficult to read on smaller screens - the new format will mean you can access Kind Minds on the move on your phone easier. Links to webpages will open easier as well.

If you have any questions about accessing the new format please contact Sandra
sandra.webb@staffordshire.gov.uk



Action for Children Staffordshire Emotional Health and wellbeing service

We know returning to school following Christmas, can be difficult for some of our children and young people. We have pulled together some resources to help support families at this time.
School behaviour and wellbeing



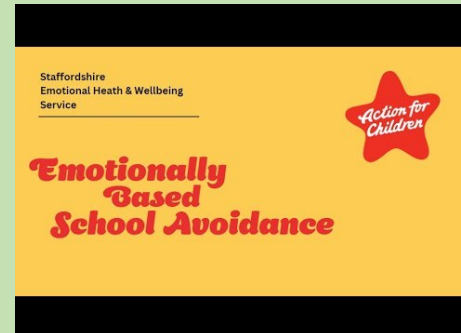
Advice to share with families on- Bullying, school refusal, exclusion and coping with change. Can be found following this link below.

<https://parents.actionforchildren.org.uk/school-life/school-behaviour-wellbeing/>

Watch and share, this informative video to support your child experiencing emotionally based school avoidance.

Follow the link below: -

<https://www.youtube.com/watch?v=POfdGn1flc4>



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.

Average Waiting times are:

Referral to Assessment 5 days

Assessment to first Intervention 1 day

(this is using a stepped care approach)



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)



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.

In the autumn meetings for North and South there were presentations from Noel Kennedy, Principal at Thistley Hough Academy, he shared his schools powerful Whisper it campaign which



was implemented following the death by suicide of a pupil, see page 4 for more information. Members were also able to see the draft suicide postvention guidance and their views on the draft guidance were sought. The draft guidance was presented in the north by Dr P Badrinath Interim Consultant in Public Health Medicine and Maksym Ludynia Foundation Year 2 Doctor in Public Health both from Stoke City Council and in the south meetings by Chris Stanley Commissioning Manager at Staffordshire County Council. See pages 4 & 5 for more information. 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.

Mental health leads in education network - new academic year meeting dates

Date	Time	Districts
Spring Term 2025:		
Tuesday 11 th March 2025	07:45 - 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thursday 13 th March 2025	16:00 - 17:00	
Tuesday 18 th March 2025	07:45 - 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thursday 20 th March 2025	16:00 - 17:00	
Summer Term 2025:		
Tuesday 10 th June 2025	07:45 - 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thursday 12 th June 2025	16:00 - 17:00	
Tuesday 17 th June 2025	07:45 - 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thursday 19 th June 2025	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: Sheriff.Shittu@stoke.gov.uk



Toolkit and Resource hub

A [Mental Health Lead 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 [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 \(blog.gov.uk\)](#)



Following the death by suicide of a pupil from Thistley Hough Academy Principle Noel Kennedy said as a school and community they agreed that this can never happen again



and the Whisper-It campaign was created. Tied in with Movember in 2023 the campaign started, shared through the school on screens/computer screens with the words Whisper it and you will be heard were seen as well as spoken in lessons and meetings. The campaign supports not just the children, young people but also the staff within the school. Using Microsoft forms and cards with a QR code students and staff were able to share their concerns, these ranged from 'minor' worries to very serious concerns and meant that those who needed the help were able to have support to access the right help and support. This campaign has meant pupils and staff are able to share how they feel not only on the forms but also face to face as they continue to support mental health and well-being through their Whisper-It Campaign.

At Autumn Mental Health Leads in education network meetings Noel talked about the powerful Whisper-It campaign. To watch the YouTube Whisper it campaign video click the link:

[Principal's Blog Episode 22: Whisper It](#)

Whisper it, you are not alone, you will be heard

******Watch out coming soon..... New Suicide postvention guidance is due to be released in the beginning of 2025.**

When a suspected suicide occurs or a critical incident in the education setting, it can be traumatic to all those touched by it, families, friends, and the wider community. The impact of a suspected suicide is both immediate and lingering, leaving an education setting with many



questions about how to best handle the situation, and what to do next. Students often struggle to cope, and it can be difficult for the education setting leaders to know how to respond. This practical guide due to be released early 2025 will be for education settings across Staffordshire and Stoke-on-Trent, the draft has been shared with members of Mental health leads in education network and further details following the release of the new guidance will be in Kind Minds next issue.

Want to know more about Mental Health Leads in Education Network? See pages 2 & 3 of this newsletter.

Mental Health Support Teams are for children and young people in primary, secondary and further education (ages 5 to 18).

The team has staff who are trained to deliver evidence-based low-level interventions (CBT informed) that are delivered to children and young people who are experiencing mild to moderate mental health issues - these are called Education Mental Health Practitioners/Children's Wellbeing practitioners.

Each practitioner works in one of the allocated schools and supports the school in identifying young people who would benefit from support for their mental health. The practitioners work using a consultation model and meet with a designated person in the school titled the Senior Mental Health Lead.

During the consultation, they meet to discuss children who would benefit from one-to-one support but they also ensure that using the [THRIVE model](#), children are signposted to the right service to meet their needs as soon as possible.

The consultation is also used to plan what the school needs from a whole-school approach to continue to make sure that children are supported to thrive in the school environment. The team delivers groups/workshops and training to school staff, as well as parents and carers.

Mental Health Support Teams in North Staffordshire and Stoke-on-Trent



From January 2025 2 more teams of Trainee Education mental health practitioners are joining the established Mental Health School Teams. These new teams are being rolled out to 41 more schools; one team for Stoke-on-Trent and another team covering Newcastle and Staffordshire Moorlands.

Mental Health Support Teams in the South Staffordshire.

Wait times continue to meet the NHS benchmark of 4 weeks, ensuring timely support for those in need. We are also receiving a steady stream of quality referrals, reflecting the trust and confidence in our services.



- Our Lichfield team is nearly fully operational, providing comprehensive support to the community.
- The Top-Up team in the Cannock and Stafford area is performing exceptionally well and is on track to become fully operational soon.



******Podcast Launch** We are excited to announce the imminent release of our second podcast episode, which will be available on **MPFT Podcasts**. You can listen to it here (<https://creators.spotify.com/pod/show/mpft/episodes/Mental-Health-Support-Team-South-Staffordshire-e2jg5gq/a-ab8koje>)

Community Arts and Craft sessions at local venues have been a remarkable success, fostering creativity and connection. We have more sessions in the planning stage, and details will be shared on our **social media platforms** and **through local schools**.

Whole School Approach - Electronic Audit We are excited to announce that our Whole School Approach (WSA) audit is now electronic! We have already started this vital tool, which helps schools create a cohesive and sustainable strategy for mental health and well-being. The electronic format saves time, reduces errors, provides real-time feedback, and is accessible from any device. Thank you to those who have already completed it. For those who have not, we encourage you to do so. If you have any questions, then please speak to your EMHP.



Children's Services and Mental Health Development Days

The Staffordshire & Stoke-on-Trent Integrated Care System (ICS) funded a series of development days across the county to bring together colleagues from children's mental health services and local authority children's services. These events took place during October 2024.

The events were developed by a partnership group of professionals, on behalf of the ICS. The events aimed to support multi-agency working and professional relationships across organisations to improve outcomes for our children, young people and families.

The development days were well attended, with over 165 attendees across all three events. There was good representation from local authority children's services and mental health services at each event, providing an opportunity for delegates to network with colleagues from across the system.

An initial review of delegate feedback indicates that the development days have been well-received. Delegates reported that the events have resulted in a greater understanding of their own roles as part of a wider system and an improved understanding around partner services. An evaluation report will be produced, which will include a full breakdown of the feedback, and recommendations to ensure that learning from the events is sustained.

A further development day is scheduled in Stoke during January 2025, for colleagues from local authority children's services and mental health services in the city.



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

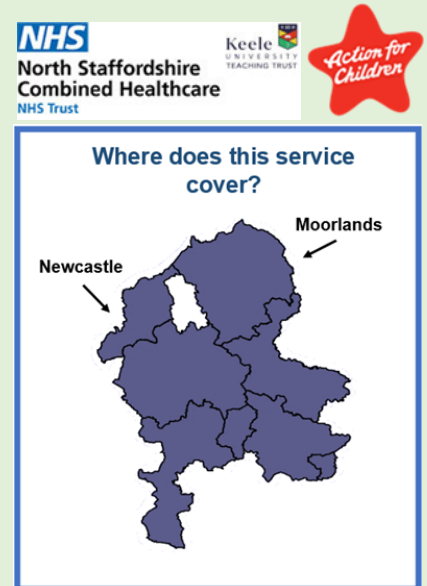
Support and guidance are provided through the single points of access for north and south, they will triage information provided to understand the needs of the child, young person, and their families. Simplifying the way children, young people, their families or carers seek care, support and guidance,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

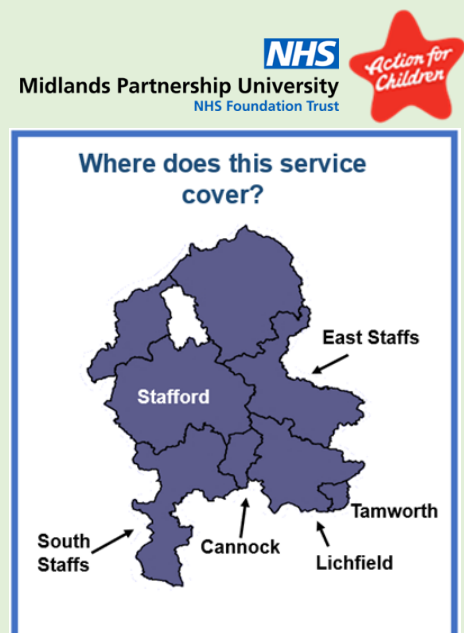
- Child and adolescent mental health services are accessed via the **Children and Families Single Point of Access (CaFSPA)**, bringing together children and young people's mental health services including school nursing and Action for Children.
- The **CaFSPA** can take telephone calls / referral forms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



Supporting Young People's Mental Health with the Staffordshire Health App Finder



We're excited to introduce the [Staffordshire health app finder](https://staffordshire.orchhealth.com), developed in partnership with ORCHA (Organisation for the Review of Care and Health Apps). App finder is a powerful, free tool designed to connect individuals with safe, effective, and assured health and well-being apps.

This easy-to-use tool helps families, schools, and young individuals discover a range of trusted, clinically-reviewed apps to address a variety of mental health needs—whether it's managing anxiety, building resilience, or coping with everyday stress.

Apps present a fantastic opportunity to provide us with valuable health information which can help us not only improve the quality of our healthcare, but also help us to live healthier lives. Using the Staffordshire app finder ensures that we, and our friends and families, can get access to safe, quality assured apps at our fingertips.

With just a few clicks, you can explore apps tailored to young people, offering guidance, activities, and support at home or on the go. Empower young minds with tools that make a real difference!

Click the link or scan the QR code to start your search for safe digital health apps today. <https://staffordshire.orchhealth.com>



(There are a wide range of apps for Adults as well as Children and young people to support health and wellbeing - use the search bar on the site to see what is available).



Barnardo's have a range of resources to support work with children and young people around Mental Health and Wellbeing, there are booklets, activities and videos on a

wide range of topics such as building relationships, grief, sleep, coping toolbox and emotional wellbeing packs for ages 3-12 and 13-18.

[Mental Health and Wellbeing Resources](#)





Children affected by substance misuse

Children living with parental alcohol misuse can experience negative impacts on all aspects of their health, family life and education. Children should be given opportunities to express their ideas and feelings. They

also need help to understand more about their parent's substance use. They need to know that it's not their fault and that they can't control or cure their parent's addiction.

The Children's Society have developed an e-learning tool for professionals to further their skills and knowledge when working with young people affected by Parental alcohol misuse. The course looks at alcohol education, the impact of parental alcohol use on children and how to support young people. [CAPE eLearning \(cape-elearning.org.uk\)](https://cape-elearning.org.uk)

The society have also created 3 resource booklets to help to support discussions around alcohol misuse.

[You-are-not-on-your-own-booklet.pdf \(childrenssociety.org.uk\)](https://childrenssociety.org.uk/help-me-understand.pdf)

[help-me-understand.pdf \(childrenssociety.org.uk\)](https://childrenssociety.org.uk/i-feel-when-you-drink.pdf)

[I-feel-when-you-drink.pdf \(childrenssociety.org.uk\)](https://childrenssociety.org.uk/i-feel-when-you-drink.pdf)



Staying safe online Starting the conversation about staying safe can be tricky, having a better understanding of what children and young people enjoy doing online is a great way to start. How they use the internet may be different to how adults do, being dismissive of any trends, games or apps might make them embarrassed to talk about them and they might feel reluctant to reach out for help if they are worried about something they have experienced online.

In the clip children talk about what they get out of being online:

<https://youtu.be/w5VTmBRBVTU>

Barnardo's have tips to help start the conversation [How to talk to children about keeping safe online | Barnardo's](#)

Anna Freud have resources for parents how to navigate social media safely with their children. [Parents guide: how to navigate social media safely with your kids : Mentally Healthy Schools](#)



childline

ONLINE, ON THE PHONE, ANYTIME

Childline have advice to keep children safe online and know what to do when things go wrong, explaining the risks, tips to stay safe online, how to keep information secure and how to spot fake news. [Staying safe](#)

[online | Childline](#)

Watch: how to spot the signs of online grooming and what to do if they are worried [Online Grooming ft. TycerX | Voice Box | Childline](#)



Twinkl have resources to stay safe online watch 5 top tips to stay safe online:

[5 Top Tips to Stay Safe Online - YouTube](#)



Visit Twinkl's website for a range of staying safe online teaching resources from early years to year10: [175 Top "Staying Safe Online" Teaching Resources curated for you](#)

NSPCC

NSPCC have resources and guides to keep children safe online, resources are for children, parents, professionals, children with SEND [Keeping children safe online | NSPCC](#)



Meet Techosaurus the online safety dinosaur. Techosaurus is aimed at little ones who are starting to use technology and the internet and keeps the conversation around online safety positive. For more information see the website: [Help keep children safe online with Techosaurus! | NSPCC](#)

NSPCC Learning have resources, training and guidance to help create safer spaces online for children [Online safety | Guidance and resources | NSPCC Learning](#)

YOUNGMINDS

Young Minds have **social media guide for young people:** [Social Media and Mental Health | Tips and Advice | YoungMinds](#) as well as a guide for **parents/carers:** [Social Media & Mental Health | Guide For Parents | YoungMinds](#) with tips and advice to enjoy a more positive time on social media and the internet.

Shout have top tips looking after mental health on social media, body image, mental health and wellbeing for children using devices and social media at night. [Social media and mental health | resources and support | Shout 85258](#)





North Staffordshire Wellbeing College

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 \(combined.nhs.uk\)](http://WellbeingCollege(combined.nhs.uk))



mpft.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. Wellbeing & Recovery College

RESOURCES



Has resources to support the mental health and wellbeing of teachers and education staff in schools and colleges. There are resources for individuals as well as organisations : Education Support, supporting teachers and education staff

YOUNGMINDS

Check out Young Minds website for resources including wellbeing activities toolkits and webinars including: building positive mental health, how to be a good listener, self harm, understanding trauma and adversity, anger and many more : Mental Health Resources For Children and Young People | YoungMinds

Dates for your diary - mental health and wellbeing celebration days



January	20 th January	Brew Monday
	30 th January	Parents Mental Health Day
February	3 rd -9 th February	Children's Mental Health Week
	11 th February	Safer Internet Day
March	1 st March	Self-injury Awareness Day
	20 th March	International Day of Happiness
April	1 st -30 th April	Stress Awareness Month
	7 th April	World Health Day

SAMARITANS

20th January is **Brew Monday**, Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about.

You can find downloadable campaign materials including posters, leaflets and activities [here](#).



Little tips for helping someone open up when somethings up [Little Tips](#)

Once someone starts to share how they feel it's important to listen, SHUSH - active listening tips:

[SHUSH](#)

Show you care

Have patience

Use open questions

Say it back

Have courage [shush-listening-tips-poster.pdf](#)

The [UK Youth Heads Up Toolkit](#) designed to work flexibly as a fifteen-hour programme, or as individual sessions (or a linked series of sessions) is suitable for schools and youth organisations supporting young people aged 11-16. Sessions cover; Looking after yourself, Supporting friends, Reaching out, Thinking and feeling and When bad things happen.



30th January **Parent Mental Health Day**. This annual campaign promotes awareness of the critical link between parents' mental health and family wellbeing. This year's theme is **#ScreenSmartParenting**, stem4 provide resources and training to help families foster healthy digital habits and support youth mental health. The theme of #ScreenSmartParenting was chosen to address the growing concerns among parents and carers about the impact of digital technology on their families' wellbeing. [Parent Mental Health Day 2025 - stem4](#) for Stem4 apps search on the app finder: <https://staffordshire.orchhealth.com>



Children's Mental Health Week will take place 3-9 February Created by Place2Be to empower, equip and give a voice to children and young people in the UK. Each year, they launch free resources for schools and families to help them to take part in the week! This year they are partnering with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters to explore the theme **Know Yourself, Grow Yourself**. The aim is to explore the importance of self-awareness and expressing emotions. [Download your resource pack via their website.](#)

Some education settings have already registered to take part in 2025, you can [add your organisation to the map](#). It would be great to see Staffordshire well represented.

Now and Beyond hosts an annual, virtual (and free) mental health and wellbeing festival for education settings during Children's Mental Health Week - this year it will take place on 5th February. You can find information, and lesson plans on the [Now and Beyond website](#).



11th February is **Safer Internet Day 2025** the theme is '**Too good to be true?**' Protecting yourself and others from scams online. Each year Safer Internet Day covers an online issue or theme that speaks about the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day will be focusing on the issues of scams online and for young people, how to protect themselves and others, as well as the support available to them. You can find resources for 3- 18-year-olds, alongside tips for parents and carers on the [Safer Internet day](#)



1st March is **Self-injury Awareness Day** [Self-harm - Mental Health UK](#)

The PSHE Education Service pack [Self Harm & PSHE](#) highlights the intended learning outcomes within the curriculum for this topic and also information to help professionals feel more confident in delivering sessions.

[Mentally Healthy Schools](#) has resources to support professionals in supporting people where there is a concern about self-harm.

For resources check out the Self-harm heading within the [Resource Library](#).

20th March is **International Day of Happiness** Arranged by the United Nations the International Day of Happiness aims to help people to realise the importance of happiness in their lives. Did you know 50% of mental health problems are established by the age of 14? Department of Health and Social Care School Zone have created resources for 5-11 years old to help facilitate conversations about mental wellbeing including a [What is wellbeing? Assembly](#) and then follow-up resources around [Kindness and Emotions](#).

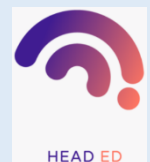
Visit Twinkl for assembly packs, activity packs [International Day of Happiness 2025 | Resources and Info](#) What happiness means around the world [International Day of Happiness - what happiness means around the world - BBC Bitesize](#)

[Save the Children](#) have the Happier Schools Project for 7-11 years old which includes differentiation for children with SEND.



April is **Stress Awareness Month** The Children's society [Stress | The Children's Society](#) have resources for children and young people explaining how Stress is caused when things in life get too much. Young peoples wellbeing guide for stressful situations with advice, ideas and tips from young people. [Young-People-Guide-to-Stressful-Situations.pdf](#). The British Red Cross has [activities for children and young people](#) (7-18 years) to explore the resources they have to manage and understand stress. [BReal](#) has created resources for secondary-aged young people to help improve resilience and develop skills to be able to cope with everyday challenges.

[HeadEd programme](#) has nine different modules, including stress and resilience, each module is structured around videos of students discussing their real life experiences of mental health concerns.



7th April is **World Health Day** Celebrated to mark the founding of the World Health Organisation (WHO) in 1948 the day is dedicated to raising awareness about critical health issues. This year World Health Day is shining a light on nurses and midwives. This is a great opportunity to promote the School Nursing Services. For young people aged 11 - 19 who are worried about their health and well-being, they can access a **School Nurse** who can help them with a wide range of issues such as emotional health, relationships, self-harm, bullying, alcohol, healthy eating, drugs, smoking and more.

Young People text: 07520 615 721.

Parents/Carers text: 07520 615 722

The service is available Monday to Friday 9 am- 5 pm (excluding bank holidays). The text line stays open during the school holidays too. They aim to reply within one working day and anyone who texts should get an immediate bounce-back to confirm they have received the text. Texts will not be seen outside of normal working hours, so if a person needs help before they hear back from the School Nursing Service they should contact their GP, NHS 111 or dial 999 in an emergency.

Alternatively, you can find out the contact details for your School Nurse Service via the [HealthforTeens](#) website.





The PSHE Association has produced [Teacher Guidance around teaching about mental health and emotional wellbeing](#). You can **access resources** to support the **PSHE curriculum** via the **Pan-Staffordshire PSHE Education Service's Central Resource Library**. It is **free** to register an account and there is no limit to the number of accounts an organisation can have. To register [please click here](#).

To sign up for the **PHSE digest** please contact Natalie - natalie@staffscvys.org.uk.

The **PSHE Education Service** hosts **half-termly meetings** for PSHE Leads that provide a space to explore best practice principles, share updates, and make connections with other professionals working within the PSHE space. To reserve your space to attend these visit the [PSHE Education Service's Eventbrite page](#). -[PSHE Education Service Pan-Staffordshire Events - 4 Upcoming Activities and Tickets | Eventbrite](#)

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.



Suicide Awareness & Prevention Courses, courses are **adult** or **focused on Children and young People** and are available **FREE**. To book training click on the link: [Bookings | Public Health \(staffordshire.gov.uk\)](#) training is popular and places are limited, please book your place as soon as possible to avoid disappointment. *****New dates are added regularly, so keep checking the site for updates on upcoming courses*****.



Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, trained Shout Volunteers are here for you - Text the word Shout to 85258. For more information and resources [Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258 \(giveushout.org\)](#)

"Shout- text services- 'really good'- has a text service, easy to access, don't need to phone"
"Texting services can be 'amazing'" Young people talking to Voice project survey



is an **online nudge technique** which consists of a powerful message of hope, as well as providing a selection of mental health support resources in a range of different communicative options (call, text, webchat, self-help app, pocket resources). Through R;pple, an individual feeling despair and researching harmful content will be urged to instead seek mental health support they deserve and need in a way that works best for them. For more information [Home - R;pple Suicide Prevention \(ripplesuicideprevention.com\)](#)





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 coping 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 an 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



Online safety resources

Training courses to help you improve your practice and keep children safe online. Courses do have some costs ££ [Safeguarding children training](#)

[courses | NSPCC Learning](#)





FREE training The course is based on our young people's programme Bloom, which supports the mental health and resilience of 14-18-year-olds. Delivered in schools and colleges across the UK, Bloom equips young people aged 14-18 with the tools and knowledge to maintain their mental health through life's transitions, both now and in the future.

After the training, you will receive the Bloom resources so they can facilitate the resilience sessions in the classroom. The Mental Health UK team will also be available to support you with the delivery of the programme. [Bloom Online Teacher Training - Mental Health UK](#)

CPD-certified Mental Health Champions - Foundation programme is **online**
FREE mental health training course

- enhance understanding of children and young people's mental health in school staff, trainee teachers and youth groups
- introduce approaches that support positive wellbeing in schools, colleges and communities.



The course is suitable for people working with children and young people of any age. [Children's mental health training course](#)



Evidence Library



Infant school children are increasingly online and given more digital independence by parents, according to [A window into young children's online worlds - Ofcom](#) It showed around a quarter (24%) 5-7 years olds

own a smartphone, while three-quarters (76%) use a tablet. Children aged 5 to 7 increasingly present online - a third use social media unsupervised, and growing number have personal profiles.

The Children's media lives project the same group of 21 children aged 8 to 17, conducting filmed interviews each year to learn about their media habits and attitudes. This research began in 2014 as a way of providing a small-scale, rich and detailed qualitative complement to Ofcom's quantitative surveys of media literacy.

It provides evidence about the motivations and the context for media use, and how media is a part of their daily life and domestic circumstances. The project also provides rich details of how children's media habits and attitudes change over time, particularly in the context of their emotional and cognitive development. [Children's Media Lives - Ofcom](#)



Talk Time for the Visually Impaired in Staffordshire.



Pauline the Talk Time facilitator explains about her role....

Hi, my name is Pauline, I am a qualified teacher of the visually impaired, working for Staffordshire. A number of years ago I took over the role of Talk Time facilitator for the service, following the retirement of our previous TT Coordinator. I completed a post graduate certificate in counselling at Keele University and started the role.

I now work one day a week in the Talk Time role. Young people are referred for Talk Time by their Teacher of the Visually Impaired, their schoolteachers, parents and they can also self-refer. Each student has between 6-8 sessions. I have seen students from the age of 7 to 18. The sessions take place mainly in school but I have visited homes occasionally and during covid the sessions took place on Zoom, via what's app and also on Teams.

A typical series of sessions would involve gaining school, parental and student permissions first. The sessions are confidential. However sometimes if the pupil wants me to talk to anyone on their behalf, I will do this. I always explain to the pupils that if they disclose anything that makes me think that they are in danger then we will take this to the safeguarding officer in school.

The sessions vary. Some students come to the sessions knowing what they want to talk about or work on, others are unsure and may take a few sessions for them to open up. The sessions are pupil led and at the end of each session I always ask if the student would like another session. (In over 15 years only 2 students have ever said that they did not want another session).

At the beginning of the series of sessions the students rate their issues and happiness levels on a scale of 1 to 10. Then at the end of the series they rate again.

The issues raised and worked on often link to their visual impairment but not always. Issues that arise include; low self-esteem, loneliness, anger management, anxiety and them struggling to come to terms with their visual impairment and the help they need because of it. During the sessions if the pupils want to, we work on strategies to help with their issues. If the pupil wants to, they set themselves a target relating to the issue they want to discuss. They then rate how well they are achieving or working towards the target as we go through the sessions.

With some pupils I use arts and crafts to create a comfortable environment while we chat. I have also created and use various wellbeing paperwork from other sources.

A 16 year old male student shared 'Talk Time has helped me explore my emotions in everyday scenarios. It helped me a lot throughout my GCSE period'.

A Parent explained 'Talk time is reassuring for me as a parent as I know my children have a chance to talk through how they are feeling with someone they trust, when perhaps they do not want to speak to me about it, or they want another opinion'.

Thank you Pauline for sharing about your role and service, it was really interesting.

If you would like to share about your role/ a day in your life please contact:

sandra.webb@staffordshire.gov.uk



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](#).

Staffordshire Health App finder has a range of trusted, clinically-reviewed apps to address a variety of mental health needs—whether it's managing anxiety, building resilience, or coping with everyday stress.

Click the link [Staffordshire health app finder](#) or scan the QR code



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

