

MENTAL HEALTH CHAMPION NEWSLETTER

LINK - Working together for CYP Mental Health



Survey Feedback

Thank you to those of you that have responded to our survey around feedback and online services. It has been really useful to hear your thoughts. A large majority of you replied that you would like online specialised training, so we have been in discussion with organisations around Norfolk to get the ball rolling with this. Many of you also replied that you would like online locality meetings as well, so we will keep you up to date with this too!

Many thanks,
The LINK Team



Managing the Transition Back to School

The Anna Freud Centre have developed [guidance](#) for schools and colleges around the transition back to school after CV19. It discusses the importance of communication, routines and a whole school approach.

Supporting Young Carers

Caring Matters Norfolk and Caring Together have produced lesson plans, school guidance and information leaflets around supporting young carers in schools.

Building Resilience
Mentally Healthy Schools have been releasing Coronavirus Toolkits every fortnight and this week focuses on building resilience. It has resources for children, parents and staff around coping with challenges.

Educating With Pride

June is Pride Month, a month to celebrate LGBTQ+ pride around the world!. For lots of LGBTQ+ people, school can be a tricky place in terms of figuring out sexual preferences and gender identity, and it can be difficult to know how to best support young people through this time. Norfolk LGBT+ Project offer Educating with Pride training, aimed at supporting schools, their staff and their pupils in creating an LGBTQ+ inclusive environment. For more info, check out the attached poster or visit their [website](#).

POINT 1

Point 1 is available for referrals and telephone support for young people and their families.

You can contact us on
0800 977 4077
or email at
point1-support



[@ormistonfamilies.org.uk](https://ormistonfamilies.org.uk)

Please include:

- Name and DOB of the YP
- Their postcode
- Their school and contact details for a member of staff
- Consent from the YP
- Brief outline of the mental health concern

