

LINK NEWSLETTER

LINK - Working together for CYP Mental Health



Hello from LINK!

We hope you are keeping safe and well. This week's newsletter looks at online learning that supports you to support others, an online counselling service for young people and details of our first online Check In, designed to keep everyone up to date with the LINK Project and connect with other Champions and Associates!

Many thanks,
The LINK Team



Kooth

Kooth is a free online counselling service that provides support for young people aged 11-25 years old.

For staff wishing to know more about the service, they are offering online webinars. Click the link to register for the session that suits you.

Monday 29th June 12-1pm
<https://forms.gle/c6jPu2pmiAxLYspQA>

Tuesday 7th July 12-1pm
<https://forms.gle/C2XA8adFU1AE1rs6>

They also offer a targeted session for staff working in Year 6 or Year 11.

Tuesday 30th June 1-2pm
<https://forms.gle/9LKVhrkUBMUodETx6>

Psychological First Aid during COVID-19.

Public Health England have partnered with Future Learn to offer free Psychological First Aid (PFA) training. The training is designed to equip you with the skills to help people cope with the emotional impact of COVID-19. These skills can be used in the aftermath of any emergency event.

You can find out more here:
<https://www.futurelearn.com/courses/psychological-first-aid-covid-19/1>

LINK Check In

Over the past few months, like many organisations, we have been busy making changes to our services to adapt to the current situation. We thought it would be great to not only meet online to keep you up to date with these changes, but give everyone a chance to connect with colleagues that they may not have seen in a while! If you would like to join us on Zoom, we will be hosting an online check in on:

Thursday 2nd of July at 3.30pm
Meeting ID: 958 1098 7877
Password: 704753

Thursday 9th of July at 3.30pm
Meeting ID: 955 5829 2770
Password: 468548

Come and say hello!

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

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

