

Hello Champions!



We hope that you are well and staying safe. It was great to hear back from some of you about how you found the SEND resources were useful in your practice. This week we are looking at using technology to support children and young people and engaging with parents that may have their own mental health needs at this time.

Just a reminder that Point 1 is open and available for telephone support for families. You can contact us on **0800 977 4077** or email at point1-support@ormistonfamilies.org.uk. Please include the name and date of birth of the young person, their postcode, their school and a contact within the school and a brief outline of your concerns.

Using technology to support children and young people

Technology can sometimes have a bit of a bad reputation when it comes to children and young people, however in the current crisis, we find that we are relying on technology in many ways. Whether that is to facilitate home-learning, connecting with friends or family or keeping up to date with news and announcements. Technology can also be used to support children and young people with their mental health.

There are a variety of apps available aimed at children and young people's mental health. We've put together a list of a few of our favourites that might be useful for the families that you work with.

- **Smiling Mind** – This app is designed to equip young people with the skills to thrive. With a focus on mindfulness, the app offers free daily mindfulness and meditation sessions developed by psychologists and educators. They have dedicated programs for young people, but also have sessions aimed at parents too. 
- **Calm Harm** – This is a free app featured on the NHS app library. Developed for teenagers, Calm Harm provides tasks and strategies to help young people resist the urge to self-harm.
- **ThinkNinja** – This free app has been developed by Healios and focuses on developing resilience and the ability to manage emotional health. It is aimed at 10-18 year olds and is built on CBT principles. It addresses things such as stress, low mood and anxiety and has a range of resources specific to COVID-19. 
- **Worry Tree** – This free app encourages you to record your worries and problem-solve your anxieties based on CBT principles.
- **MeeTwo** – This is a free app aimed at young people which allows them to anonymously discuss their mental health with other people their age. It is moderated by experts to cultivate an atmosphere of peer support.

If the child or young person would like to be more independent in seeking support for their own mental health, there are a range of resources and services that they can access without the need for consent from a parent or carer (though we would always encourage them to share their worries with someone!).

They could access the Health Uncovered podcast aimed at informing young people about a range of issues, from mental health to sexual health. The podcast can be accessed for free on platforms such as iTunes, or it can be found on the Just One Norfolk website [here](#).



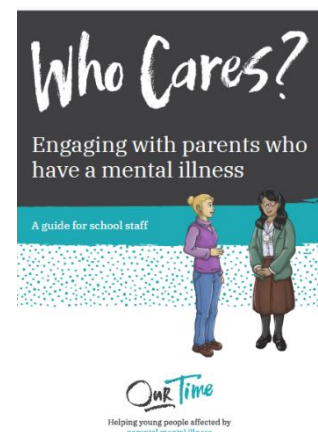
Childline offer a [1:1 counselling service](#) via webchat if this is something that a young person would feel more comfortable accessing. ChatHealth is a confidential text service that young people can access for support and advice on a range of issues. The service is aimed at 11-19 year olds and is available Monday to Friday from 9am to 5pm. If a young person messages outside these hours, they will receive a response as soon as possible. Just text **07480 635060** to start a conversation. If a young person is finding themselves in crisis and would like more immediate support, they can access the Shout messenger service by texting the word **Shout** to **85258**.

Supporting Parents

Parents may approach you for support around a range of issues, and if they are worried about their child's mental health, there are lots of resources and services that they can access.

For any concerns, parents can call Just One Norfolk on 0300 300 0123. They can support with a range of issues, not only mental health. Just One Norfolk also have a text messenger service called Parentline. By texting 07520631590, parents will receive guidance about any concerns they have about their children. For more information on mental health in children and young people, you could also direct parents to the [Parent Guide](#) on the Young Minds website. The website is full of information about a variety of mental health needs in young people and how parents can offer support.

You may also find that the parents you work with are experiencing their own mental health difficulties. During this pandemic, we know that there has been a rise in the number of adults experiencing symptoms of mental health difficulties. Our Time have created a guide for school staff around engaging with parents with mental health needs. The guide talks about



communication, empathy and dealing with hostility. The guide can be found [here](#).

Parents may be well aware of their own mental health needs and may be finding it more difficult to cope with the day to day challenges of being a parent. Mind have produced a guide to parenting with a mental health problem. It describes the extra challenges a parent may face, as well as what they can do and where they can go for support. It is interesting to read from the perspective of the professional working with the family, but it also a great resource to direct the parent to themselves. The guide can be found [here](#).

We hope that these resources are useful in supporting you in your practice and that you are staying safe and well!

Many thanks,

The LINK Team