

LINK NEWSLETTER

LINK - Working together for CYP Mental Health



Hello from LINK!

We hope you are keeping safe and well! This week the newsletter focuses on resources we can use to improve young peoples mental health. You will find three resources below, one for parents, one that you may find helpful to use yourself and one for a young person. Autumn is now very much upon us so make sure to wrap up warm and we hope you have a good week!

The Link Team



Managing Anxiety and improving Wellbeing Toolkit

This resource has been developed by mentally healthy schools in response to the coronavirus pandemic but could be used at any time!

This toolkit is suitable for all children up to year 6 and includes lots of activities for children and advice for parents and teachers.

To access the toolkit please click [here](#).

Live Parent Workshops

The Charlie Waller Memorial trust is putting on live parent workshops around specific topics of mental health. These workshops are free but have to be booked in advance.

Coming up soon are workshops for "Autism and Anxiety" and "Communicating with your Teenager."

To find out more and to signpost to parents please click [here](#).

selfharm UK: Alumina

Free online self-harm support for young people

This is a 6 week online course developed by Self Harm UK where young people aged 14-19 are placed in groups of 4-6 people with a facilitator who will go through a different topic each week.

To read more information or to access the course Please click [here](#).

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

