

LINK NEWSLETTER

LINK - Working together for CYP Mental Health



Hello from LINK!

We hope you are keeping safe and well. Our newsletter this week looks at supporting you in your practice and ways to help you reflect on how you support children and young people, including those with additional needs, with their mental health in your setting. It also includes guidance around a wellbeing INSET day that you may wish to host in your setting.

The LINK Team



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

Empowering SEND During Transitions

Funded by the Department for Education, Whole School SEND have produced two leaflets for young people with SEND and their families. The leaflets give families possible questions to ask schools around how their child will be supported with either the return to school or next steps after Year 11. It may be useful for professionals to consider these questions too and reflect on how they are supporting SEND CYP in their setting.



Expert Advice and Guidance from the Anna Freud Centre

The Anna Freud Centre have produced a series of videos with helpful advice from various experts within the centre. The majority of videos are 5 minutes or less, and have really practical tips around supporting CYPMH in schools. Subjects include engaging parents, dealing with low mood and anxiety, sleep problems in children, staff wellbeing and bereavement. Find out more here:

<https://www.annafreud.org/what-we-do/schools-in-mind/expert-advice-and-guidance-videos/>

Wellbeing INSET Day

Some of you may be thinking about ways to ensure that the whole staff are confident in supporting the MH needs of the CYP in your setting. Mentally Healthy Schools have developed a toolkit to support schools in hosting an INSET day around wellbeing, looking at separation anxiety, staff wellbeing and school environment.