

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 two services available to support young people in Norfolk and Waveney, 'Talk To Us' from YMCA Norfolk and 'Norfolk Connect' from Prospects. The posters for these services are attached to the newsletter email. The Anna Freud Centre have also produced a video to support young people that have experienced a bereavement, 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

The 'Talk To Us' Service

Delivered by the Youth-West Partnership, and led by YMCA Norfolk, the 'Talk To Us' service is a free service for young people aged between 10-18 years old. The service gives them the opportunity to speak to a member of their specialist team about any worries or concerns they may have, whether that's going back to school, friendships, COVID-19 or family worries. Available weekdays from 7pm to 10pm, young people can call **01553 750095**.

Norfolk Connect

Norfolk Connect is a youth support service designed to support young people who are displaying risky behaviours and guide them into positive activities. It is aimed at young people aged between 13-19 and who are at risk of statutory intervention. Norfolk Connect have Youth Support Workers in every district in Norfolk. If you would like to find out more about the criteria, get in touch with your local Youth Support Worker, or find out more about the programme, send them an email at **norfolk.connect@prospects.co.uk**

Dealing with Loss and Bereavement

Some of the young people that we are working with may have experienced a loss during the pandemic. Anna Freud have put together a short video for young people to offer them ideas of how to cope with a bereavement, using songs from The Beatles! Find the video [here](#).

