

# LINK NEWSLETTER

LINK - Working together for CYP Mental Health



## Hello from LINK!

We hope you are keeping safe and well and that the return of children back to school has been positive! Our newsletter this week includes a mixture of resources including a video for children to address worries and concerns about returning to school, a helpline developed by Norfolk and Suffolk Foundation Trust and a pack to encourage speech and communication in the 0-5 age range.

The LINK Team



### 'Return to School' short film.

Developed by Norfolk Safeguarding Children partnership in conjunction with the Boudica Schools Trust, this video was co-produced with children to address specific concerns, worries and questions they might have about returning to school. There are also resources available alongside this video and it can all be accessed through the link below.

[www.JustOneNorfolk.nhs.uk/return-to-school](http://www.JustOneNorfolk.nhs.uk/return-to-school)

### First Response

First Response is a 24/7 mental health helpline manned by trained mental health professionals set up by Norfolk and Suffolk Foundation trust.

This number is available to all members of the public whatever their age and offers advice, support and signposting for people who feel unsafe, distressed or worried about their mental health.

In addition you can also call the line as a professional to get advice regarding a person you are working with or help in how to send a referral.

The first response number is  
**0808 196 3494**

### Talk and Play 0-5

Lots of children may have missed out on a substantial amount of time to develop their communication skills due to the pandemic.

This activity pack has been developed to aid with communication for families who professionals feel would benefit from having physical resources to support home learning.

The resources can also be accessed online through this link:  
<https://www.norfolk.gov.uk/talkandplay>  
Physical copies can be requested through  
[carla.nichols@norfolk.gov.uk](mailto:carla.nichols@norfolk.gov.uk)

## 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](mailto:@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

