

# LINK NEWSLETTER

LINK - Working together for CYP Mental Health

## Hello from LINK!

We hope you are keeping safe and well and enjoying the colder weather! The newsletter this week focuses on helping yourself and others. JON are celebrating self-care week with some interactive sessions for families. We've included a reminder about Kooth and the invaluable service it provides. Lastly, we've included info about Norfolk's Youth against Bullying conference. We hope you have a good rest of the week and remember to take care of yourself as well.

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@ormistonfamilies.org.uk

If you wish to make a referral please fill in the referral form which you can access [here](#) and send to the email provided above.



### Kooth

Kooth is an online platform for 11 to 25-year-olds across Norfolk and Suffolk, that offers access to online counselling delivered by qualified counsellors 365 days a year, either on a drop-in basis or through bookable chat sessions.

This service could be particularly helpful to those young people who struggle to engage in face to face sessions!

To learn more about this service, please click [here](#).

### Just One Norfolk Self-care week

Just One Norfolk will be celebrating Self-care week with a series of themed interactive sessions for families! This includes, weaning, emotional health, healthy lifestyles and more!

To find out more about sessions for families please click [here](#).

In addition if you would just like to learn a bit more about Just One Norfolk for yourself, then they also offer sessions for professional's to inform you about their service.

If you are interested in these sessions please click [here](#).

### Norfolk Youth Against Bullying

The Norfolk Youth Advisory Board have put together a free online anti-bullying conference. It lasts from 9-6pm but has CPD sessions after 3:30pm. You do not have to attend it all so you could just attend for the afternoon. With lots of speakers and interactive workshops this is not one to miss!

If you are interested in this training please click [here to book](#).

