

LINK NEWSLETTER

LINK - Working together for CYP Mental Health



Hello from LINK!

In this newsletter we provide a reflection tool for the events of this year, collated resources from our Locality Meeting and webinars hosted by the Anna Freud Centre. From all of us at LINK, we would like to say thank you for your work in supporting the emotional wellbeing of children and young people during this difficult time! We hope you have a restful winter break!

The LINK Team.

Looking Back and Planning Ahead

Mentally Healthy Schools and the Anna Freud Centre have put together a reflection tool for schools and students. The tool is a collection of resources and activities to support students and staff in addressing any worries they may have about the Christmas holidays and the break away from school. Find the toolkit [here](#).

LINK Locality Meeting Resources

It was wonderful to see so many of you attending our first online LINK Locality Meeting. We have collated the resources shared by Champions and have attached them to this email for all Mental Health Champions. We look forward to future Locality Meetings!

Please note, the resources shared were provided by Champions, not by LINK.

Anna Freud Transformation Webinars

The Anna Freud Centre are hosting their second round of transformation webinars online. The webinars invite key speakers to discuss topics around mental health, the pandemic and the ways in which our lives are affected.

The webinars are hosted online and are free to attend. To find out more about the webinars, and to book your place, 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 your referral to 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.

