

LINK NEWSLETTER

LINK - Working together for CYP Mental Health



Hello from LINK!

Happy New Year from LINK! With the news of another lockdown, we hope you all found time to rest and relax over the Winter break. This newsletter informs you of all the mental health awareness days that are coming up throughout the year, free lesson plans around helping children adapt to the new lockdown and signposting to the ChildLine website where they have some great coping activities. In addition we have our own specialist training coming up, which you can access below or through the email sent with this newsletter.

The LINK Team



Coping Activities

With the new lockdown and schools closed once again, both parents and children can find this time overwhelming. Childline have a space on their website full of lots of activities to do with children when they are feeling low or overwhelmed. To access these and the coping kit please click [here](#).

Rebuild and Recover

Mentally healthy schools have created lots of resources including assemblies and lesson plans on helping children adapt to changes due to coronavirus. With the new lockdown in place, this maybe be something that needs to be revisited. Most of these lesson plans can also be adapted to be delivered remotely. If you are interested in this please 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.



Mental Health Awareness Days

To make sure you're up to date with all things mental health, take a look at this poster which highlights all the important days to put into your diary. Please click [here](#) for the document.



LINK Specialist training

We have our specialist training coming up and still have some places left on our Enhancing Wellbeing through Physical Activity and our Early Years and Mental Health sessions. The spaces on these are limited so make sure to click on the links to get booked in quick!