

Children & Young People's Mental Health Update

Welcome to the first NHS Gloucestershire Children & Young People's Mental Health update

At NHS Gloucestershire, the Children & Young People's Mental Health team work with colleagues across the system to ensure mental health and wellbeing support is available for our younger generation, should they need it. As well as this, we work on exciting transformation projects to help improve services or experiences of accessing support, look at different ways care can be delivered and most importantly, listen to the voice of our children and young people to ensure what's available meets their needs.

Prior to this update, we didn't have a quick and easy way to share information, opportunities, good news stories and generally what's happening across the system with you.

We've therefore decided to set up a regular, short e-mail update providing you with a news round-up and a deep dive into a key area each month.

News Round up

- Secondary Schools can now book a refresher for On The Level, an award-winning peer-led online mental health show. If you haven't managed to take part this year, you can still book for the Spring show by contacting [Jim Funnell](#)
- Save the date - Monday 6th February Children's Mental Health Week Marketplace drop-in at Sanger House Brockworth for Schools, GPs and practitioners working with children and young people. The event will be an opportunity to find out about the wide range of support available across Gloucestershire.



ON YOUR MIND GLOS

Mental health support finder

What is On Your Mind Glos?

On Your Mind Glos (OYMG) re-launched back in February this year. You may recognise the name, but the look and feel are totally different to our predecessor, and we have a new anonymous mental health support finder. It takes you through a series of questions to understand how you're feeling and will signpost you to a list of the most appropriate local support services.

OYMG can be accessed in one of two ways, via the website or by texting 07984 404388.

As well as our support finder, the website includes a directory of trusted local mental health services, self-help resources, and self-referral access to some of our NHS commissioned services in the county.

We know that access to trusted, up to date information about support services can be difficult to find. Whilst the resource was originally co-produced and built with children and young people, we know from feedback that the resource is also helpful for GPs, Parents and other trusted adults working with children and young people.

[On Your Mind Glos](#)



Our Promotional Campaign

All Schools in Gloucestershire will have received a toolkit earlier this year to help promote the resource. This included web banners, social media posts, posters and handouts to place within schools. If you need additional resources, you can download these from the [campaign resources](#) section of the website or please don't hesitate to get in touch by [e-mailing the team](#) if you would like hard copies.



We've also been out and about trying to raise the profile of On Your Mind Glos. Over the Summer we attended Kingsjam Festival, Hartpury Wellfest and Cheltenham Literature Festival. Feedback from young people was positive and they appreciated us being present at community events they chose to attend. If you have an upcoming event where you think it would be good to promote mental health and wellbeing, please let us know as we would be delighted to join you!



[Click here for Survey](#)

We'd love to get your thoughts on whether this has been helpful for you and if you would like to continue receiving information in this way. Please kindly let us know by completing this short survey

Socials



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Get in contact with one of the team by emailing glicb.onyourmindglos@nhs.net

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