



Gloucestershire
Healthy
Living and Learning

GHLL Bulletin

CHILDREN'S MENTAL
HEALTH WEEK



Children's Mental Health Week

5-11th February
2024

GHLL has produced this **Mental Health Bulletin** to highlight a range of free resources and lessons available to all educational settings to support this topic.

If you would like FREE support with any aspect of your PSHE/RSHE curriculum, please don't hesitate to contact us at: ghll@gloucestershire.gov.uk



PLACE2BE

Place2Be has a variety of free lesson plans and resources for Primary and Secondary schools to support

Children's Mental Health Week

Lumi Nova

Lumi Nova is a therapeutic digital intervention for children with low to moderate anxiety and is currently **free** for all children in Gloucestershire. It is aimed at pupils aged 7-12 years old and is NICE approved. Parents can sign their children up for free and support their child at home with managing their anxieties.

For more information visit

[Lumi Nova: Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://ghll.org.uk)



Anna Freud has produced two toolkits of resources to help schools and colleges celebrate Children's Mental Health Week 2024 under the theme of 'My Voice Matters'

[Children's Mental Health Week 2024: toolkit of resources: Mentally Healthy Schools](#)



CBBC has a range of free activities that help support children with their mental health including exercise with Joe Wicks, instructions on how to make a worry pet, and mindfulness activities.

[Children's Mental Health Week 2024 - CBBC - BBC](#)

[Wellbeing - Study support - BBC](#)



[Charlie Waller Trust, Mental Health Charity](#) offers free support to parents/carers, pupils and staff. On the website, you can find a **free wellbeing action plan** for both primary and secondary pupils: Primary: <https://shop.charliewaller.org/products/wellbeing-action-plan-child> Secondary: <https://www.charliewaller.org/resources/wellbeing-action-plan-young-person>

The charity also has a **Book Club**, which provides books about mental health to adults working with young people; since the Charlie Waller Book Club started in 2016, the charity has sent out more than 12,000 mental health books free of charge. The chosen titles aim to enhance the skills, confidence, and knowledge of those who work with children and young people, by providing them with resources they can use to promote positive mental health. You can sign up here: <https://www.charliewaller.org/what-we-offer/schools/book-club>

Local Support

There is a range of Mental Health Support available to all schools, colleges, education staff, parents/carers, children and young people across Gloucestershire:

- **CAMHS** - Child and Adolescent Mental Health Service

Child and Adolescent Mental Health Service (CAMHS) provides a comprehensive range of specialist emotional wellbeing and mental health services for all children and young people aged under 18 who are registered with a GP in Gloucestershire.

<https://www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/camhs/>

- **Educational Psychologists**

[Educational Psychologists: Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://www.ghll.org.uk)

- **GDAS** (includes STREET)

GDAS offers group work and one-to-one support for young people who are experiencing domestic abuse.

<https://www.gdass.org.uk/support-for-young-people/>

- **Lumi Nova**

A FREE app for children to support them with managing their worries (see above).

[Lumi Nova : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://www.ghll.org.uk)

- **On Your Mind Glos**

This is an anonymous service to help parents, staff or young people themselves find the right mental health support. A few questions will be asked about you (or about the child if an adult is asking on their behalf) and what you're struggling with. Based on your responses, you will be signposted to a list of relevant services that might be able to support you.

[On Your Mind Gloucestershire - children & young people's mental health - NHS](https://onyourmindglos.nhs.uk)

onyourmindglos.nhs.uk

- **School Nursing Service**

<https://www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/physical-health/school-nursing/>

- **Self-harm Helpline**

The Helpline provides support to adults living in Gloucestershire who are experiencing mild to moderate wellbeing difficulties, such as anxiety, low mood, or depression, including support for self-harm. They can also provide support and information to friends, family, carers, and professionals.

<https://www.gloucestershireselfharm.org/>

- **Tic+**

Tic+ offers a range of mental health support including counselling, tic+ chat, parent support and InTER-ACT (online sessions on managing mental health).

[Home - Tic+ \(ticplus.org.uk\)](https://ticplus.org.uk)

- **Young Gloucestershire – YG**

Young Gloucestershire is a countywide charity that supports young people who are facing challenges in their lives.

<https://www.youngglos.org.uk/>

Pilots in Gloucestershire:

- **Young Minds Matter**

Young Minds Matter (YMM) is a safe and confidential mental health support service developed for children and young people up to 18 years of age in schools across Gloucestershire. YMM is currently a pilot scheme and can only accept referrals for pupils from participating schools. If you are unsure if your school is part of the YMM pilot, please contact GHLL.

[Young Minds Matter > CYPS Gloucester Health & Care \(ghc.nhs.uk\)](https://www.ghc.nhs.uk)

- **MyHappyMind**

Myhappymind is an NHS backed programme for schools and families that supports children to learn about mental health and how they can manage their emotions. Myhappymind is currently being piloted in several schools across the county. If you are unsure whether your school is in this pilot, please contact GHLL.



GHLL Mental Health Training



Mental Health First Aid

GHLL offer a range of FREE Mental Health Training to schools. Our courses include Mental Health First Aid Lite and the two days Mental Health First Aid England training. The next available Mental Health course is **7th-8th March 2024**.

Self-Harm Awareness Training

This course is open to all professionals who work with KS2 primary or secondary age young people in Gloucestershire, including teachers, senior leaders, pastoral managers, tutors, learning support workers and parent support advisors. The next Self-Harm Awareness Training is **3rd May 2024**.

You can view all our available training and book on to courses via the GHLL website: [Training: Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://ghll.org.uk/training)

If you are a YMM school, there are further FREE courses you can attend and you can view these here: [Young Minds Matter \(Trailblazer\) Login : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://ghll.org.uk/young-minds-matter)



TEAA Resource and Training

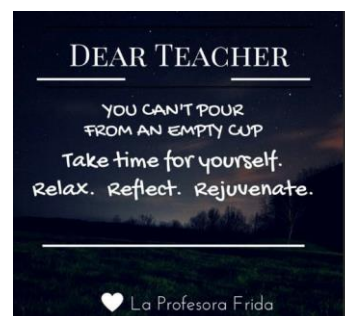
GHLL has recently produced the TEAA (Trusted Emotionally Available Adult) resource which aims to support practitioners in delivering mental health interventions, either 1:1 or in small group settings. Schools need to attend the TEAA training before receiving the resource.

The next TEAA training is **14th March**. Click here to find out more: [Training Calendar and Search : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://ghll.org.uk/training-calendar)

Staff Wellbeing

Teacher wellness has an impact not only on educators as individuals but also on the overall wellbeing of the young minds they care for.

GCC have created a Wellbeing Hub where education staff can find support for a range of physical and mental needs. You can access the Wellbeing Hub here: [Staff Wellbeing Hub : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://ghll.org.uk/staff-wellbeing)



Lead Teacher Recommendation – Brain Waves



This month, Santina Iannone Head of PSHE in a 13-18 secondary school has reviewed BrainWise

February 5th-9th is Children's Mental Health Week and its theme is 'My Voice Matters'. I used the data from Represent 'On the level' to investigate what mental health and wellbeing issues the students wanted to explore. To meet the needs of the students, I used BrainWaves. BrainWaves is a collaborative project, led by researchers at the University of Oxford in partnership with The Day, an online daily newspaper for young people, and the informatics team at the University of Swansea. They have produced a **free** wellbeing curriculum for use across secondary schools and sixth forms. These lessons are designed to give young people increased agency in managing their mental health, as well as a sense of optimism for change based on the practical application of wellbeing strategies.

My Changing Brain with Year 9 giving them knowledge of the prefrontal cortex and the amygdala and how the emotional part of the brain is more prevalent in the teenage years. In addition, this lesson had suggested strategies to manage 'flipping your lid'.

Is Stress Bad with Year 10, introducing them to the Yerkes-Dodson stress model and flight, fight, freeze model. Furthermore, the lesson furnished students with strategies to manage their own stress bucket.

Having a conversation about mental health with Year 11, this reinforced the importance of sign posting to support and active listening skills.

There are other resources and a free teacher CPD area, that include a variety of webinars. There is an opportunity to become a BrainWave school and a news section, where the latest research in youth mental health is discussed.

I highly recommend that you visit this site if you are developing a mental health and wellbeing curriculum. It is clear, insightful, and most importantly the students enjoyed the sessions.

The Five Ways to Wellbeing

According to research, the 5 Ways to Wellbeing (Connect, Keep Learning, Give, Take Notice and Be Active) can really help to boost our mental wellbeing. The websites below can offer more support with introducing the 5 ways to wellbeing in your school and your daily life.

[NHS 5 Ways to Wellbeing Video](#)

[Mind: 5 Ways to Wellbeing](#)

[GHLL 5WW KS1 Lesson](#)

[GHLL 5WW LKS2 Lesson](#)

[GHLL 5WW UKS2 Lesson](#)

[GHLL 5WW Song](#)

