



Gloucestershire  
Healthy  
Living and Learning

# GHLL Bulletin

MENTAL HEALTH  
AWARENESS WEEK



## Mental Health Awareness Week

13-19<sup>th</sup> May 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.

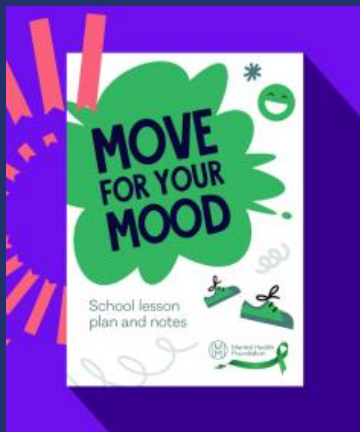
If you would like FREE support with any aspect of your PSHE/RSHE curriculum, please contact us at:  
[ghll@gloucestershire.gov.uk](mailto:ghll@gloucestershire.gov.uk)

GHLL encourage a whole school approach to mental health and wellbeing. One of the ways we support schools to achieve this, is by assisting them in gaining their Healthy Schools and Mental Health Champions Awards.



By participating in the award process, this will enable you to audit your current whole school approach to health and wellbeing, highlighting strengths and areas for development.

[GHLL Awards :](#)  
[Gloucestershire Healthy Living and Learning](#)



## MENTAL HEALTH FOUNDATION

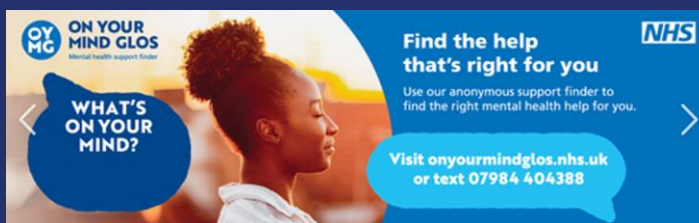
The Mental Health Foundation have produced 'Move for your Mood' lessons and schools pack to get you started on your movement journey and better protect the mental health of pupils and school's staff.

[Mental Health Awareness Week in schools | Mental Health Foundation](#)

### 'MOVE FOR YOUR MOOD' LESSON PLAN

Our schools' pack is full of discussion ideas, activities and lesson plans to get you started on your movement journey and better protect the mental health of pupils and schools staff.

[Download your lesson plan](#)



On Your Mind Glos is a free, anonymous mental health support finder for children and young people under 25. It can be used by young people, or those supporting them.

Click the link below, to find out more:

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



At TIC+ we're here to support children and young people aged 9-25 and their families living in Gloucestershire.

We work to ensure that every young person has easy, prompt, independent access to appropriate support according to their needs.

Visit our website to find out more

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



## Lumi Nova - New Lesson 'Talking About Worries'

Lumi Nova have launched a FREE lesson aimed at Years 3-6 to support children to recognise what worries may feel like and how they can manage worries. This is a "pick up and go" lesson and includes a letter for parents, a PowerPoint and children and young people feedback form to enable teachers to evaluate the lesson.

The Lumi Nova app is still free for all children and young people in Gloucestershire.

For more information visit:

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

Does your child struggle with worries or anxiety?

Help your child build confidence with a new digital therapy game

**LUMI NOVA**  
TALES OF COURAGE

Free for families in Gloucestershire

- ✓ For 7-12 year olds
- ✓ NICE recommended
- ✓ Free instant access

To learn more visit:  
[luminova.app/glos](http://luminova.app/glos)

In partnership with  
**One Gloucestershire**  
Healthy Living and Learning

Available on the App Store and Google Play

The move to secondary school can be an exciting time of change and development, but it can also be a time of worry and uncertainty for some. With this in mind, Young Minds Matter NHS have produced a 'Transition support pack' for parents and their child to work through.

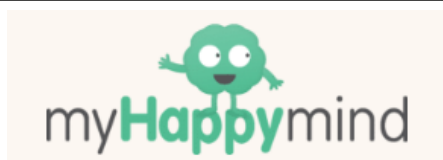
For more information, please visit

[Transition to Secondary School : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](http://ghll.org.uk)



Get your pupils active in this fun and feel-good Live lesson for mental Health Awareness Week? This 30 minute programme will be available to watch via BBC Teach and on the CBBC channel.

[Mental Health Awareness Week 2024 – Live Lesson - BBC Teach](#)



**myHappyMind** is a science-backed system that helps children develop resilient, balanced and happy minds at home, nursery and school.

They have also produced a range of FREE podcasts to support you with your mental health.

[Podcast - myHappyMind](#)



## Anna Freud

Anna Freud have a bank of FREE resources to support children and young people, parents and carers, and school and college staff.

[Anna Freud | Anna Freud](#)



We are excited to announce the return of our much-anticipated conference for 2024.

***'Education that prepares for life today and tomorrow'***

Thursday 27<sup>th</sup> June 2024

We have a host of great keynote speakers lined up and a fabulous array of workshops to choose from, as well as a marketplace of 50+ local companies or charity organisations that can offer support to you and your school. Our invitation below gives more information on what we have lined up on the day.

Spaces are limited to 1 per setting and will be allocated on a first come, first serve basis so please get your booking in early.

You'll need to request your workshops at the time of booking, so please take the opportunity to look at the options now.

[Reserve your place](#) at the conference today on GCC plus.

[Conference Invitation](#)

[Workshop Overview](#)



[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)

- **GDASS** (includes STREET)

GDASS 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 \(onyourmindglos.nhs.uk\)](https://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://www.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.

### 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.

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://www.ghll.org.uk)

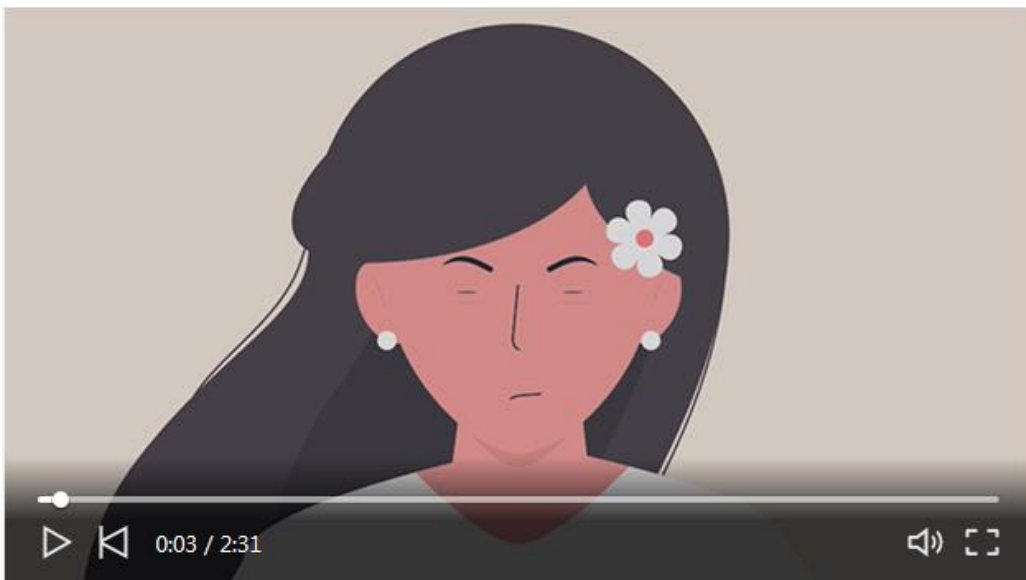
If you are a YMM school, there are further FREE courses you can attend and you can view these here: [Young Minds Matter \(Trailblazer\) Login : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://www.ghll.org.uk)



### 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.

Click here to find out more: [Training Calendar and Search : Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://www.ghll.org.uk)

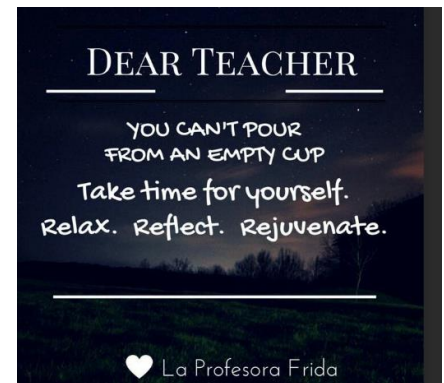


The NHS Create Team have made a short animation on 5 steps to well-being. You can view it [here](#).

## 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](https://www.goucestershire.gov.uk/staff-wellbeing-hub/) : [Gloucestershire Healthy Living and Learning \(ghll.org.uk\)](https://www.goucestershire.gov.uk/healthy-living-and-learning/)



**Discover videos to help you and your organisation with mental health and wellbeing.**

<https://www.educationsupport.org.uk/resources/for-individuals/videos/pupil-and-teacher-wellbeing-two-sides-of-the-same-coin/>

View more [here](#).

### [Ofsted and Staff Wellbeing](#)

Supporting the wellbeing of leaders of state-funded schools - The inquest into the tragic death of Ruth Perry has concluded, and [Ofsted](#) and the [department](#) have published responses to the coroner's report. The coroner highlighted the importance of all who support school leaders being aware of the department's wellbeing support offer. DfE committed to sharing that information with the sector and to setting out the roles and responsibilities of different bodies in supporting the wellbeing of school leaders. You can find an overview of all relevant information here: [Supporting the wellbeing of leaders of state-funded schools](#)