



Strategic Leads for Mental Health in Schools update

Dear all,

You may/would have seen our initial thank you message to schools which has gone out through a number of communication channels including Healthy Young Mind in Herts website (HYMIH): <https://healthyyoungmindsinherts.org.uk/schools/how-look-after-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak>

Since that date we have been adding new helpful resources onto the HYMIH website and the grid. Please encourage your school staff members and colleagues to access the website for new information as it is currently being updated weekly. We have kept the Covid-19 information page on the HYMIH website open access to school professionals at this time to remove any barriers to access this information. The remaining pages for school staff will continue to require a log-in which can be arranged with the support of Angela Shaw by emailing: SchoolMHTraining@hertfordshire.gov.uk

Where we are closely looking into and are deciding which websites we are posting on to the HYMIH website, we also would like to acknowledge that a lot of information is being disseminated and shared from different networks and therefore it is important to us to strike a good balance between providing helpful and resourceful information yet not overwhelm school professionals with too much information. For this reason, please share and use the resources as you see fit being mindful that too much information can also be a contributing factor to stress and anxiety. One of the websites we would like to promote more specifically is **Just Talk** since it has useful information aimed at children and young people and in the coming weeks will have additional resources specifically utilising social media platforms which young people tend to access more readily. **Just Talk** website can be accessed [here](#).

As we also appreciate that you will be receiving a lot of information about the medical and statistical aspects of coronavirus from Public Health and other sources; our aim is to keep our remit to sharing with you information that is directly linked to supporting/looking after your own and your teams emotional wellbeing, the children and young people that you work with and helpful resources you could suggest to parents to support their own and their children emotional wellbeing and mental health.

We would like to acknowledge that school based staff emotional wellbeing may be impacted on as a result of supporting vulnerable children and young people and having to consider work from schools settings including during the Easter break. Therefore, we would like to remind schools that we both continue to be available (including the Easter break) to provide support more specifically around staff emotional wellbeing through the usual email channels:

Breda O'Neill (for East & North Herts): Breda.O'Neill@nhs.net and

Yael Leinman (for Herts Valleys): y.leinman@nhs.net

We will endeavour to get back to schools staff as soon as we are able to. Should the situation change we will ensure that you are informed. Another way of providing support which we are currently finalising is the provision of group peer support sessions twice per week for groups up to 10 members of staff. Once dates and times are agreed – we will be sharing this information as well as how staff can book themselves onto these sessions on the HYMIH website and through this communication channel and emails to Mental Health Leads and Deputies.

At this time, we continue to encourage schools to consider completing the Whole School Approach kitemark while the multi-agency panel continues to operate virtually. Therefore, for any general queries with this regards, in the first instance please contact Angela Shaw – admin support officer: SchoolMHTraining@hertfordshire.gov.uk

Below are the additional resources we have placed on HYMIH since the first Thank You message to schools in Hertfordshire has gone out:

- **Children and young people resource** created by HCC and local services to support our young population in Hertfordshire. Looking after your mental health and wellbeing during Coronavirus - [Information for Children and Young People](#) – **please share this resource with children and young people in your school.**

NHS information:

- Every Mind Matters – Information from the NHS about looking after your mental health and emotional wellbeing during coronavirus including guidance, advice and tips on how to maintain your mental wellbeing if you need to stay at home: <https://www.nhs.uk/oneyou/every-mind-matters/>
- The National Mental Health, Learning Disabilities and Autism COVID-19 Workspace (which includes a CYP page). To request to join this workspace please follow the link <https://future.nhs.uk/MHLDAcovid19/grouphome> and select “join” at the bottom of the page.
- *The Learning Disabilities and Autism, and Mental Health Programmes, together with Mental Health and Learning Disabilities Specialised Commissioning, have formed a team to support an effective and efficient response by NHS England and NHS Improvement to the COVID-19 virus. This workspace is used to share information from the new national Mental Health, Learning Disabilities and Autism COVID-19 response cell, and encourage mental health, learning disability and autism leads and providers to share advice and feedback on how best to look after our patients and staff during these difficult times.*
- [Epic Friends](#) produced by Sheffield CAMHS has been created to support young people who are worried about their friends emotional wellbeing. It is specifically designed for 12-18 year olds.

PHE information:

- PHE has published it's guidance for parents and carers on supporting their children and young people's mental health and wellbeing during the Covid-19 outbreak. You will find their publication [here](#)
- PHE Guidance for the public on the mental health and wellbeing aspects of coronavirus (Covid-19) can be found [here](#)
- PHE PDF guide (an easy read guide) on Looking after your feelings and your body (coronavirus pdf) can be found [here](#)

Other charities and organisations quality assured resources:

- Mental Health First Aid England have put together a number of resources for remote working. Resources are divided for those who are [Mental Health First Aiders](#) and resources for [Everyone](#).
- A free downloadable book for children about [coronavirus](#) illustrated by Axel Sheffler (Gruffalo)
- [Think Ninja](#) - Great downloadable app for 10+ now with Coronavirus support content.
- **YoungMinds** advice/resources for young people and parents/carers during the pandemic, including for those with eating disorders, OCD and anxiety:
<https://youngminds.org.uk/blog/>
- The Association for Child and Adolescent Mental Health have published this podcast:
[Coronavirus, and helping children with autism – ‘Autism, a parents guide’](#)
- This website provides additional links and resources that are quality assured and provide supportive guidance about how to support children and young people’s emotional wellbeing during Covid-19. It also had other sections with useful apps and videos: <https://www.camhs-resources.co.uk/coronavirus>
- **British Eating Disorders Society:** Individuals can sign up to BREDS (British Eating Disorders) Webspaces which a wealth of useful information, support and guidance is being shared. The link to sign up to BREDS is breds.org.uk where a form needs to be completed to get login details for the site, which is found at <http://breds.facebook.com>. It looks a lot like Facebook, so it is very easy to navigate. The society has a dedicated East of England Clinical Network group; one of the many people can join.
- [Survivors of Bereavement](#) provides a service for 18+ only which includes access to local support groups, publications and resources as well as providing email support via: email.support@uksobs.org and a helpline which is open 9am to 9pm Monday to Friday: 0300 111 5065

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Yael Leinman: Strategic Lead for Mental Health in Schools - Herts Valleys CCG

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