

A Whole Organisation Approach to Emotional Health and Wellbeing

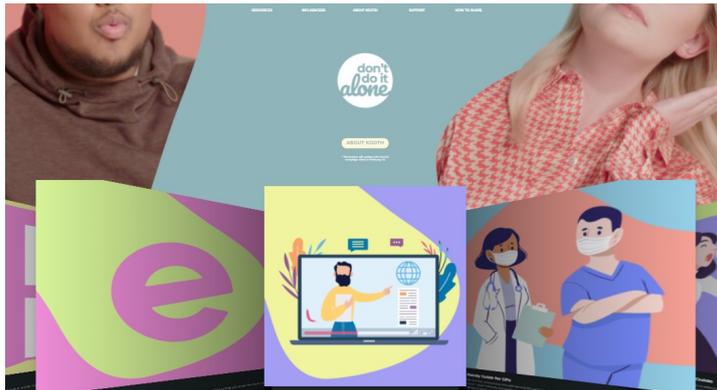
Sharing good practice: Secondary Schools and Colleges



February 2021 Issue 12

If you would like to share good practice or have any questions please contact: anna.sims@norfolk.gov.uk

Don't do it alone



Kooth is excited to unveil its [Don't do it Alone](#) campaign, designed to encourage open conversations around mental health so children and young people know they are not alone with their struggles. Some of the biggest stars on social media have joined Kooth for this campaign and they really hope the video will appeal to the young people you work with. To accompany the video, there is an informative and interactive lesson plan for you to download and use in your online or physical classroom.



Children's Mental Health Week
1-7 February 2021
EXPRESS YOURSELF

The theme of the 2021 [Children's Mental Health Week](#) is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. From assembly guides and class activities, to top tips for pupils and parents, to the new fundraiser Dress to Express, Free resources from **Place2be** will help children and young people to explore what it means to **Express Yourself**.

Join in

As part of the Children and Young People's Mental Health Services Transformation Programme, a new Participation Model is being established. This will enable professionals from across services to engage with and learn from children and young people of all ages in Norfolk & Waveney. There are many opportunities for young people in your school to get involved and help make change. Take a look at [Join In! the new CYP MHS Participation Newsletter](#), to see what events and activities are coming up in Feb and March. For further information, contact johand@map.uk.net

[To find out more about Kooth](#)
[To sign up to Kooth](#)

Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."

chat to our friendly counsellors | read articles written by young people | join the modular and forums

kooth
www.kooth.com

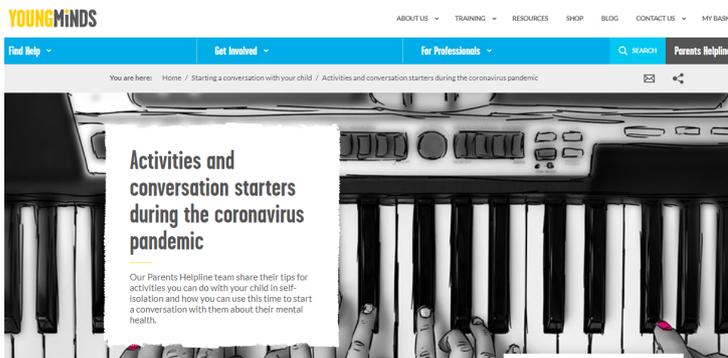
Opportunities for young people to get involved and help make change

JOIN IN
MHS + CYP Participation News

Mental Health Services in Norfolk & Waveney are being redesigned to place children and young people (CYP) at their very heart

OPPORTUNITIES TO GET INVOLVED
WHAT'S COMING UP IN FEB AND MARCH?
CAN YOU HELP TRAIN MENTAL HEALTH PROFESSIONALS?
TRY TALKAGE!

For families



Advice for talking to your teenager from [MindEd for families](#)

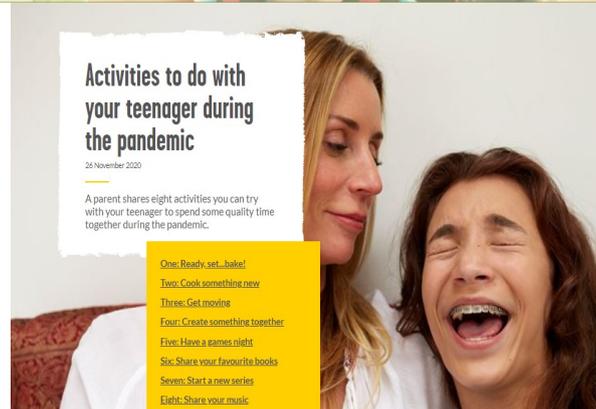
[Young minds activities and conversation starters](#)

Activities for families and their children

[Young minds activities for families to do with their teenagers](#)

[Neurolove](#)

Activities for families and their children from **10-25 years**. Neurolove are an organisation made up of therapists, creatives and teachers who use social therapy techniques to help young people with their mental health. All their services are currently free.



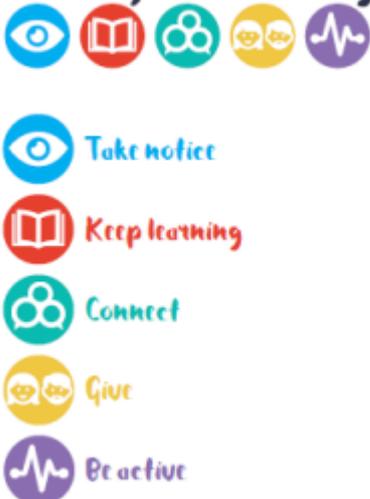
Past copies

Past copies of newsletters can be accessed [here](#)

Adult wellbeing



Five Ways to Wellbeing



[Keeping Active from Active Norfolk](#)
[Active at home workouts](#)
[Mindful movement, Yoga and mindful breathing](#)

Training for staff

[Wellbeing in education](#) This whole school approach toolkit includes recordings of wellbeing webinars, staff CPD materials, curriculum resources signposting and guidance.



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[Begin now](#)



[Wellbeing support for adults in Norfolk and Waveney](#)