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| Autumn Term 12023 Issuefor**Designated Mental Health Leads** |

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| **“Connection is the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.”**Brené BrownDear Colleagues, Welcome to our first newsletter of the new academic year 2023-2024 final designated mental health newsletter for this academic year!You can access previous newsletters on our [SEMH portal.](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Designated-Mental-Health-Lead-Newsletter.aspx)  This academic year we will be continuing to provide you with a range of up-to-date information that we hope will help you in your role to support children and young people’s emotional wellbeing and mental health. Please remember your feedback shapes future newsletters so we welcome you to share your thoughts and make requests here: [Designated Mental Health Lead Feedback Form 2022-2023](https://teams.microsoft.com/l/entity/81fef3a6-72aa-4648-a763-de824aeafb7d/_djb2_msteams_prefix_3323783441?context=%7B%22subEntityId%22%3Anull%2C%22channelId%22%3A%2219%3A25bdb20e665941b49e41f24f2e739274%40thread.tacv2%22%7D&groupId=a36a1ad0-bc3a-4fcf-a5a2-4b350e557b60&tenantId=a8b4324f-155c-4215-a0f1-7ed8cc9a992f)  |

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| **DMHL Network Meetings 2023-2024** **Invitation** Thank you for those that were able to join us for our first Designated Mental Health Leads network meeting on Tuesday 11th July at 10am-12pm online via Teams. From the feedback we have received from our Designated Mental Health Leads across the County, for this academic year we will be offering either online county wide network meetings or face-to-face quadrant cluster meetings once a term. The dates planned for this academic year 2023 – 2024 can be found on our [Designated Mental Health page](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Designated-Mental-Health-Lead-Newsletter.aspx) on our SEMH Portal.  To suggest themes that you would like covered during the cluster/networking meetings across this academic year, please click the [Link](https://forms.office.com/e/mVDL0dScCn)If your school/setting would be interested in hosting one of these future events, please contact semhstrategy@essex.gov.uk  *Please note: These meetings are only for your Designated Mental Health Lead(s) in your school/setting.* |

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| **Trauma Perceptive Practice (TPP)****Information Updates*****Congratulations to:******Langenhoe Community Primary School*** ***&*** ***Alderton Junior School***who have successfully gained our  ***TPP Best Practice*** ***School/Setting recognition status***!   If your school/setting would be interested in applying for TPP Best Practice school/setting recognition status, you can find all the information on Hive. For further information, please email the TPP mailbox: tpp@essex.gov.uk to find out more.  **TPP Whole School/Setting Training**If your school/setting hasn’t started their TPP journey yet and you would like to find out more. Please click the link to our TPP training leaflet: [Trauma Perceptive Practice (TPP) Information (essex.gov.uk)](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Documents/TPP%20Leafletv5-Accessible%20Jan%202023.pdf)To book onto the training you just have to send an expression of interest too our TPP mailbox: tpp@essex.gov.uk**TPP for Families Training** Schools/setting that complete the TPP advanced level training will be eligible to access our TPP for Families offer. For more information about TPP for families and the whole school TPP training programme, please look at our TPP leaflet: [Trauma Perceptive Practice (TPP) Information (essex.gov.uk)](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Documents/TPP%20Leafletv5-Accessible%20Jan%202023.pdf). If you have any questions about this training, please contact our TPP mailbox: TPP@essex.gov.uk  |

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| **SEMH Strategy Children & Young People’s (CYP)****Project Participation Opportunity!** **Do you have budding artists in your school or setting?** CYP in Essex told us that some of the popular self-care activities they enjoy doing included art and craft activities. The SEMH Strategy would therefore like to welcome schools and settings the opportunity to sign up to receive information about the ongoing opportunities we offer to children and young people, inviting them to express themselves through art around the topic of emotional wellbeing and mental health. The contributions we receive will be used to support the ongoing work being produced by the SEMH Strategy Team and service partners across education, health, and social care. The work and collaboration between services is to continue to provide support to CYP, families and schools/settings around all age emotional wellbeing and mental health. If you or a member of your school/setting team are interested in finding out more, please email semhstrategy@essex.gov.uk  |

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| **The relationship between Speech Language and Communication Needs and (SLCN) and Social, Emotional and Mental Health Needs (SEMH)****Training Pilot (Online)** We are excited to announce that we have an online SLCN/SEMH training pilot opportunity is **open for booking**. This is an introductory training session on 'The relationship between social, emotional and mental health (SEMH) needs & speech, language and communication (SLCN) needs: spotting and supporting hidden SLCN needs'. Please note: This will be a two-part online training via Teams. The links and any resources required for the training will be sent out closer to the time. The training dates are: **Wednesday 17th January 9:30am - 12:30pmWednesday 24th January 9:30am-12:30pm**The **closing date** for booking onto this pilot is **Tuesday 19th December**. Please note: Only those who can attend both dates will be able to book a place on the training. To book onto this training please click the [link](https://forms.office.com/e/GBdDwUk7LQ): |

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| **Essex Child and Family Wellbeing Service****Research Invitation**The Essex Child & Family Wellbeing Service & Targeted Support Services are inviting children and young people to participate in some research they are doing. They would like to find out about children and young people’s ‘Back Up’ Team. This team refers to a child or young person’s support network, who they would go to for mental health and wellbeing support. This information will inform and influence the work that the service develops to support children and young people's emotional wellbeing and mental health now and for future projects within Essex.Children and young people can complete the questionnaire independently, or with the support of a trusted adult. They would welcome children and young people to participate anonymously and estimate that the questionnaire will take between 5-15 minutes to complete. To find out more, please click the [Link](https://forms.office.com/Pages/ResponsePage.aspx?id=4B4rLKGo5kmoIFzkiQz0ZpRLjJNHsF9JoLWRuh9-yolUM0JHU1JWT09SM0pQOEZaRUhKS1FFNUxLWSQlQCN0PWcu).  |

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| **Early Years Specific** **Guidance, Resource and CPD Opportunities** **Birth to 5 Matters: Transitions**Birth to 5 Matters is guidance by the sector for the sector. They provide some helpful information about transitions for practitioners. Click the [Link](https://birthto5matters.org.uk/transitions/)**Early Years Matters: Transitions**This resource offers information about transitions at different phases of early years education. Click the [Link](https://www.earlyyearsmatters.co.uk/eyfs/positive-relationships/transitions/)**Teach Early Years: Transitions**This article provides Ideas to practitioners to help support children and families with transitions. Click the [Link](https://www.teachearlyyears.com/a-unique-child/view/supporting-transitions-in-the-early-years) |

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| **Primary Age Phase Specific** **Guidance, Resource and CPD Opportunities** **Back to School Pack and support for the year ahead**The PSHE Association have put this resource together to offer staff some advice, guidance and CPD opportunities to support pupils’ emotional wellbeing and mental health. [Link](https://pshe-association.org.uk/news/new-back-school-packs-and-support-year-ahead)**Top Tips for Making Friends**Anna Freud have put together advice for children on forming and developing friends.[Link](https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/)**Transition: Supporting pupils with SEND as they move year groups**Twinkl provides explains why transitions can be challenging for children and young people with SEND and some top tips to support this transition. [Link](https://www.twinkl.co.uk/news/transition-supporting-pupils-with-send-as-they-move-year-groups) |

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| **Secondary Age Phase + Specific** **Guidance, Resource and CPD Opportunities** **Secondary School**Please note: Transitions can be challenging for children and young people of all ages and stages of their education journey. Some of the information provided for transitions into secondary school, can also support pupils transitioning between year groups across the secondary age phases. **Back to School Pack and support for the year ahead**The PSHE Association have put this resource together to offer staff some advice, guidance and CPD opportunities to support pupils’ emotional wellbeing and mental health. [Link](https://pshe-association.org.uk/news/new-back-school-packs-and-support-year-ahead)**Anna Freud: Moving Up! The Transition to Secondary School**An animation and teacher toolkit to help children to transition to secondary School. Click the [Link](https://mentallyhealthyschools.org.uk/resources/moving-up-the-transition-to-secondary-school/)**BBC Teach Transition of Secondary School**A resource that provides advice and guidance to support pupil’s transition into secondary school. They offer resource ideas for your classroom and transition inspiration from around the UK. Click the [Link](https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8)**Education beyond 16**Contact for families with disabled children have written an article for families that have a child with an area of Special Educational Need. The article covers: support in preparing for adulthood, young people’s rights at 16, what are the options after my child turns 16?, Education, Health and Care (EHC) plans after 16, beyond 18 and other related information. [Link](https://contact.org.uk/help-for-families/information-advice-services/education-start/education-learning/education-beyond-16/)**College****Young Minds: Transitioning from School To Further Education**This is a good resource for both staff and young people to support the transition into further education. It provides information about common worries, myths and facts, tips and advice to help students, and how can staff support their students.Click the [Link](https://www.youngminds.org.uk/professional/resources/transitioning-from-school-to-further-education/)**University** **UK Parliament – Research Briefing: Student mental health in England: Statistics, policy and guidance (May 2023)**This resource offers an insight and recommendations of supporting university students’ mental health. [Link](https://commonslibrary.parliament.uk/research-briefings/cbp-8593/) **Looking after your mental health at university** PROSPECTS provide some advice about how students can look after their mental health. This includes a helpful video. [Link](https://www.prospects.ac.uk/applying-for-university/university-life/looking-after-your-mental-health-at-university) |

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| **School/Settings:****Projects, Pilots, CPD & Other Opportunities of Interest****Creative Education online CPD Platform for schools and professionals**Creative Education is an online CPD platform offering a wealth of evidence-based, practical, and engaging online CPD courses empowering everyone who works with or cares for children to develop their skills – anywhere, anytime, using any device. Have any questions? Want to explore the platform? Why not come to an introductory online tour. Wednesday 20th September, 12:30pm-1:00pmTo book a place please email semhstrategy@essex.gov.uk Deadline to book you place: Friday 15th January **PSHE Association CPD Training & Events**Here is a list of training that has been scheduled for the next academic year. There are a range of training course to support different areas of pupil’s emotional wellbeing and mental health. [Link](https://pshe-association.org.uk/training-and-events?tab=0)**Education Support Events**Education support offer a wide range of events to support staff’s wellbeing, including regular free webinars. Sign up to get the latest wellbeing resources, events and news straight to you inbox. [Link](https://www.educationsupport.org.uk/news-and-events/events/) **Anna Freud Schools in Mind Free Seminars**Anna Freud mental health in schools and colleges have put together a range of free seminars related to a range of emotional wellbeing and mental health needs that can affect pupils. [Link](https://www.annafreud.org/schools-and-colleges/mental-health-in-schools-and-colleges-free-seminars/)**A Quick Guide to neurodiversity for educators**Anna Freud have put together a video on a quick guide to neurodiversity. This video introduces some of the key terminology around neurodiversity, and why learning about neurodiversity is so important for educators. [Link](https://mentallyhealthyschools.org.uk/resources/a-quick-guide-to-neurodiversity-for-educators-video/)**Free CPD Courses**Wefindanylearner.co.uk are offering THREE of our most popular online courses completely free of charge! -Counselling skills (Level 2)-Mental Health First Aid (Level 2)-Understanding Autism (Level 2)All you need to do is meet a few simple criteria, including being at least 19 years old by August 31st, 2022, residing in England, and not currently enrolled in an apprenticeship program. You can easily sign up via the website by clicking [here](http://www.wefindanylearner.com/book-online/) or by contacting our team at 01226 958 888.**Beat Eating Disorders****Empowering Care Conference**Sign up to Beats FREE conference: ‘Enhancing eating disorder awareness and support in Essex’. 10th October 2023 @ 9:00am-4:30pmCivic Centre, Duke Street, Chelmsford, Essex, CM1 1JETo register for this event please click the [link](https://campaigning.beateatingdisorders.org.uk/page/131810/event/1?_gl=1*sra4m9*_ga*MTQwODkwNTA3Ny4xNjUwMzk5NDAx*_ga_L7GZ6KQDHW*MTY5MjY5NDc3NC4yNjUuMS4xNjkyNjk4MDU2LjAuMC4w) |

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| **Social, Emotional and Mental Health (SEMH) Portal****SEMH Portal Update!**The SEMH portal has updated its useful links, advice and support page.Click the [Link](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/default.aspx)**Self-care Resources for Children & Young People** COMING SOON!Please look out for our new self-care for children and young people resources that are coming soon! A multi-agency working party with members across Education, Health and Social Care have been working with a range of children and young people participation groups to coproduce a range of self-care resources. To access the resources please click the [Link](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Self-care-for-CYP-Library.aspx) |

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| **Staff Wellbeing****Focusing on your wellbeing for a new academic year**Keeping a focus on your wellbeing is a great start to the new academic year. Athona offers some top tips to consider. [Link](https://www.athona.com/focussing-on-your-wellbeing-for-a-new-academic-year/)**NHS England: The importance of Wellbeing Conversations**3 Minute staff experience video on why wellbeing conversations are important. [Link](https://www.youtube.com/watch?v=VXGPmwAXpcc)**Teaching: the new reality (May 2023)**Education support report explores how working in education has changed, the impact on staff and pupils, conclusions and recommendations. [Link](https://www.educationsupport.org.uk/media/cxkexon2/teaching-the-new-reality.pdf)**Teacher Wellbeing Index**Education Support offer an annual teacher wellbeing index survey. To access the learning from the latest survey, please click the [link](https://www.educationsupport.org.uk/resources/for-organisations/research/teacher-wellbeing-index/?gclid=EAIaIQobChMIgavp6rThgAMVjeztCh02pQE_EAAYAiAAEgIqOPD_BwE)**Wellbeing audits & Tools**Education Support offer a range of wellbeing audits and tools to support staff’s wellbeing and mental health. [Link](https://www.educationsupport.org.uk/resources/for-organisations/?resourcetype=Wellbeing+audit+%26+tools)**Getting the right work-life balance**Teacher support provide evidence based research finds and top tips to support you get the right work-life balance. [Link](https://www.educationsupport.org.uk/resources/for-individuals/guides/getting-the-right-work-life-balance/)**Teacher Burnout and How to Avoid it**Teacher support provide evidence based research findings and advice on how to avoid burnout at work. [Link](https://www.educationsupport.org.uk/resources/for-individuals/articles/teacher-burnout-and-how-to-avoid-it/) |

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| **Resources for Parents/Carers****Anna Freud Centre: Self-care for Parents and Carers**For many parents and carers, finding time for yourself can be a challenge as you juggle family and relationships with your home and work life.  This can be especially true if you are supporting a child or young person with their mental health. The following advice about the importance of self-care can be found by clicking this [link](https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/). This resource has been created with the Centre’s Parent Champions.For information on specific strategies which you could try, either on your own or as a family, please view our [self-care resource for On My Mind](https://www.annafreud.org/on-my-mind/self-care/).**Mental Health Foundation: Guide for Parents/Carers**A booklet for parent/carers to describe what mental health is and how to support themselves and their family. Click the [Link](https://www.mentalhealth.org.uk/sites/default/files/2022-06/The%20Mental%20Health%20Foundation%27s%20Schools%20-%20Make%20it%20Count%20Parents%20and%20Carers%20guide.pdf).**Top Tips for Getting Your Child Ready for Nursery**Here is a resource that provides parents/carers top tips for helping prepare their child for nursery. Click the [Link](https://www.parentclub.scot/articles/top-tips-getting-ready-start-nursery)**Starting Nursery or Preschool**Bounty have put together some information to parent/carers about starting nursery/preschool. Click the [Link](https://www.bounty.com/preschool-2-to-4-years/starting-school-or-nursery/starting-nursery-or-preschool)**Anna Freud: Supporting Children’s Transition to Secondary School**This is guidance for parents/carers to help them support their child transition into secondary school. Click the [Link](https://www.annafreud.org/media/13817/supporting-children-through-secondary-transition-final.pdf)**Young Minds: A Guide for Parents/Carers – Transitions and Times of Change**This resource offers information for parents/carer about the signs your child may be struggling with change, what to do if you child is finding change difficult, looking after yourself as a parent and where to get further support. Click the [Link](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/)**For Schools/Settings:****Anna Freud Centre: How to Support Parental Engagement**This resource provides advice and ideas about how you can develop or enhance your engagement with parents/carers. Click the [link](https://mentallyhealthyschools.org.uk/whole-school-approach/parentcarer-engagement/)**Understanding Behaviour** The SEMH Strategy were asked to host some online learning events. Our ‘Understanding Behaviour’ video provides knowledge, an understanding of what to expect from schools, tips and signposting for parent/carers. Click the [link](https://www.youtube.com/watch?v=LC6MR4rsQLY) **Free Courses**Wefindanylearner.co.uk are offering THREE of our most popular online courses completely free of charge! -Counselling skills (Level 2)-Mental Health First Aid (Level 2)-Understanding Autism (Level 2)All you need to do is meet a few simple criteria, including being at least 19 years old by August 31st, 2022, residing in England, and not currently enrolled in an apprenticeship program. You can easily sign up via the website by clicking [here](http://www.wefindanylearner.com/book-online/) or by contacting our team at 01226 958 888. |

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| **Mental Health & Emotional Wellbeing Campaign Days** **Calendar**We have provided a list of key emotional wellbeing and mental health campaign dates for you to be aware of below. A link for each campaign has been added to help you get started, should you wish to celebrate them in your setting.      **September** Month* [Child Cancer Awareness Month](https://www.icr.ac.uk/news-features/childhood-cancer-awareness-month#:~:text=September%20is%20Childhood%20Cancer%20Awareness,support%20us%20all%20year%20round.)

Week* [National Suicide Prevention Week](https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/world-suicide-prevention-day/) (6th – 12th September)
* [Sexual Health Week](https://www.brook.org.uk/shw/) (11th – 17th September)
* [International Happiness at Work week](https://essexcountycouncil-my.sharepoint.com/personal/beth_brown_essex_gov_uk/Documents/Desktop/Active%20Items%20to%20Sort%20Later/Summer%20Holiday%20sorting/Work/DMHL%20Newsletter/%E2%80%A2%09https%3A/internationalweekofhappinessatwork.com/)  (18th – 24th September)
* [International Week of Happiness at Work (](https://internationalweekofhappinessatwork.com/)25th – 29th September)
* [UK National Inclusion Week](https://www.inclusiveemployers.co.uk/national-inclusion-week/) (25th September – 1st October 2023)

Day* [Work Suicide Prevention Day](https://www.papyrus-uk.org/world-suicide-prevention-day/#:~:text=World%20Suicide%20Prevention%20Day%20(WSPD,around%20the%20world%20since%202003.) (10th September)
* [Youth Mental Health Day](https://stem4.org.uk/youthmentalhealthday/?gclid=EAIaIQobChMI9_j17OP0gAMVJIlQBh3YxggUEAAYASABEgLanfD_BwE) (19th September)
* [Happiness at Work](https://nationaltoday.com/international-week-of-happiness-at-work/) (20th September)
* [National Fitness Day](https://www.twinkl.co.uk/event/national-fitness-day-2023#:~:text=When%20is%20National%20Fitness%20Day,be%20held%20on%2020th%20September.) (20th September)
* [International Day of Sign Language](https://www.un.org/en/observances/sign-languages-day) (23rd September)
* [World’s Biggest Coffee Morning](https://coffee.macmillan.org.uk/) (29th September)

**October**Month* [Sober October](https://www.gosober.org.uk/)
* [Black History Month](https://mentallyhealthyschools.org.uk/resources/black-history-month-resources/)
* [Breast Cancer Awareness Month](https://breastcancernow.org/get-involved/breast-cancer-awareness-month)
* [ADHD Awareness Month](https://www.twinkl.co.uk/event/adhd-awareness-month-2021-2023)

Week * [National Work Life Week](https://workingfamilies.org.uk/nationalworklifeweek/?gclid=EAIaIQobChMIrvGRnub0gAMVGNvtCh27-giCEAAYASAAEgJ0rvD_BwE) (2nd – 6th October)
* [OCD Awareness Week](https://www.silvercloudhealth.com/uk/blog/international-ocd-awareness-week) (10th-16th October)
* [International Stress Awareness Week](https://isma.org.uk/isma-international-stress-awareness-week) (30th October – 3rd November)

Day* [World Teacher Day](https://www.twinkl.co.uk/event/world-teachers-day-2023) (5th October)
* [World Mental Health Day](https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day) (10th October)
* [World Mental Health Day](https://www.mind.org.uk/get-involved/world-mental-health-day/) (10th October)
* [National Coming Out Day](https://www.twinkl.co.uk/resources/rse-additional-content-relationships-and-sex-education-ks3-ks4/rse-events-rse-relationships-and-sex-education-ks3-ks4/coming-out-day-rse-relationships-and-sex-education-ks3-ks4) (11th October)
* [World Menopause Awareness Day](https://www.imsociety.org/education/world-menopause-day/) (18th October)
* [International Stammering Awareness Day](https://westutter.org/what-is-stuttering/international-stuttering-awareness-day/) (22nd October)

**November** Month* [Movember – Men’s Health Awareness Month](https://uk.movember.com/)
* [Disability History Month](https://www.twinkl.co.uk/event/disability-history-month-2023) (16th November – 16th December)

Week* [Interfaith Week](https://www.interfaithweek.org/about) (12th-19th November)
* [Anti-Bullying Awareness Week](https://www.kidscape.org.uk/resources-and-campaigns/anti-bullying-week-and-friendship-friday/?gad=1&gclid=EAIaIQobChMIoNDl-uT0gAMV2dbtCh1IeQaAEAAYASAAEgLLB_D_BwE) (13th – 17th November)
* [Trans Awareness Week](https://mermaidsuk.org.uk/trans-awareness-week/) (13th – 19th November)
* [National Self-care Week](https://www.selfcareforum.org/events/self-care-week/) ( 13th – 19th November)
* [Hunger and Homelessness Awareness Week](https://www.homelessawarenessweek.co.uk/) (14th – 23rd November)

Day* [National Stress Awareness Day](https://www.rethink.org/get-involved/awareness-days-and-events/stress-awareness-day/) (2nd November)
* [World Kindness Day](https://schoolofkindness.org/world-kindness-day?gclid=EAIaIQobChMI7eH-v-z0gAMVzcztCh3qrAROEAAYASAAEgKms_D_BwE) (13th November)
* [International Day of Tolerance](http://www.toleranceday.org/) (16th November)
* [International Mens Day](https://internationalmensday.com/) (19th November)
* [International Survivors of Suicide Loss Day](https://www.mentalhealthatwork.org.uk/toolkit/international-survivors-of-suicide-day/) (21st November)

**December**Day* [World Aids Day](https://www.worldaidsday.org/) (1st December)
* [International Day of Persons with Disabilities](https://www.who.int/campaigns/international-day-of-persons-with-disabilities) (3rd December)
* [International Volunteers Day](https://www.un.org/en/observances/volunteer-day) (5th December)
* [Human Rights Day](https://www.un.org/en/observances/human-rights-day) (10th December)
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| **Designated Mental Health Leads Feedback**We would like to ensure the newsletter is useful to you all, so we encourage you to use our feedback form. We welcome your views on the resources and information we share, along with any ideas about future themes you would find useful for us to cover. Please click the link to take you to the form: [Designated Mental Health Lead Feedback Form 2022-2023](https://teams.microsoft.com/l/entity/81fef3a6-72aa-4648-a763-de824aeafb7d/_djb2_msteams_prefix_3323783441?context=%7B%22subEntityId%22%3Anull%2C%22channelId%22%3A%2219%3A25bdb20e665941b49e41f24f2e739274%40thread.tacv2%22%7D&groupId=a36a1ad0-bc3a-4fcf-a5a2-4b350e557b60&tenantId=a8b4324f-155c-4215-a0f1-7ed8cc9a992f) .  |

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