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**Designated Mental Health Leads Newsletter**

Autumn Term 2 edition

"Connectedness has the power to counterbalance adversity"
Bruce Perry

Dear Colleague

Welcome to our half-termly newsletter update.

**Designated Mental Health Lead (DMHL) autumn term cluster meetings**

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There are still spaces for any DMHLs to join us for our [autumn term cluster meetings](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FA871C88A3B0871EF23F5FBCE283157DDCE07355A612E9B2C2B0D89EADDFD6AB4%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456877991976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KTAC%2FQCQlFk3vP3kreDucZzOnmlV7J97AbzxX1HvUWo%3D&reserved=0).

Our next DMHL meeting is a county wide network meeting on [Tuesday 13 February 2024: 1pm to 3pm](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FDF45D745BDCFA2A3B0800BA4210D268922C347F6F935C63FA725745FCA9ECD42%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456877991976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7DjafdG5ACTBrGSrGL2f5SVwDtRO5fNgMXKDbrvup6I%3D&reserved=0).

To suggest themes you would like to be covered during the meetings or to offer your school as a future venue, please email the social, emotional and mental health (SEMH) strategy mailbox via semhstrategy@essex.gov.uk.

**DMHL grant funding**

The Department of Education (DfE) will be offering schools and colleges the opportunity to [claim a second grant](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F95AE7B8B1A7D43B7B3A551DBDEEBF3A0160B2FF76E5D43B091B55B277177B193%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456877991976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7%2F4Y94NntP17T%2BEcsfEkY1EYvil185pTJc6JUQ9B43A%3D&reserved=0). Your school/college/setting is eligible if the senior mental health lead previously trained left before embedding an effective holistic approach to mental health and wellbeing. This will help settings who have been impacted by staff turnover to train a new lead who can build on the progress already made.

**Trauma Perceptive Practice (TPP) updates**

Congratulations to Small Wonders Nursery who have successfully gained our TPP best practice school/setting recognition status!

We have a free TPP refresher event and new second edition TPP manual launch taking place on Tuesday 21 November 2023. We will share the latest updates and new content in the TPP Training Materials. TPP Trainers will also have a one-off opportunity to purchase a copy of the new manual at a subsidised cost. To find out how to book your place, email tpp@essex.gov.uk.

To find out more about how to sign up to the TPP training, apply for TPP best practice status, or sign up to our TPP for families training, please email TPP@essex.gov.uk.

**Free training pilot (online)**

We are running a free, two-part, online training pilot that explores the relationship between Speech, Language and Communication Needs (SLCN) and Social, Emotional and Mental Health needs (SEMH). The training aims to support schools and settings to spot and support pupils' hidden SLCN needs.

The training dates are [Wednesday 17 January and Wednesday 24 January 9:30am to 12:30pm](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F58CF6E564A53E2BFBBEB14C0EDED94D20F5DA0F4F206E5D3AE0C803ABB18A26A%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456877991976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=snYk10oErrS2N1HMrp%2F3m69W1uAqiGaPcjwAjETVIXo%3D&reserved=0).

**Let's Talk... about self-harm**

There is now an updated [self-harm management toolkit](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC3E85AE81F410DBD2D77EC334D65681DD71AFEBAD097C5E05E46A91F2FEDE5FF%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456877991976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=DtnK57zkFn43XqYLh0kJ2wXQDD%2FGOMX2H71tQD0A%2Fso%3D&reserved=0) available for schools and settings. Mid and North Essex Mind are running fully funded, [self-harm toolkit workshops](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FABAE500715F2ECDCD8F241909792AC30228577C439782D46375C650CCF090CE6%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878148266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=b5fGyOLtzEoH7NhthPzPocUEzKt5qrsk%2BRegHEnOSjI%3D&reserved=0) which aim to increase your knowledge, skills, and practical experience needed to effectively use the updated self-arm management toolkit.

**Educational psychology consultation line**

The Child and Adolescent Mental Health Service Educational Psychology (CAMHS EP) team have a [30-minute video consultation line](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FB91C6A0B4C3854BC74D8BB1D557BF70761DDCC0DB5BE9B6517BD5D336998C138%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878148266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nRQFHD7tkd5r9Oz%2By7iALCt0TbcKOjzzZaoyWTr0kcU%3D&reserved=0), where school/setting staff can discuss a pupil anonymously.

These consultations will take place Thursday mornings (term time only) and will be delivered using Microsoft Teams (unless telephone only is requested).

**Social, Emotional and Mental Health (SEMH) portal updates**

Explore our growing library of co-produced [self-care resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FF9D58E5AF58F94A9DF076149F2CB5EB208ECA34AABFA86BAF24989AB77C14618%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878148266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Z4i%2BbpqvFOX%2FBc4JkEzUuOvWPStv3iRj4pUZLcM31bI%3D&reserved=0) created with children and young people, for children and young people.

Our [‘useful links, advice and support’](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F4E8CAB9A3C6FA1F1D045D9E34C5F5A1FA585F499B4A04B4176C4314573A6801F%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878148266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=IcTFeAU%2FrTDO%2FxhKvI%2Bz5fQi8kE33HXRVkTGFwmuSG0%3D&reserved=0) page has been updated and we continue to develop these pages regularly. The resources are to support staff, children and young people and their families.

**New guidance available for schools and settings**

Here are some useful guidance documents to support your role:

* Let's Talk... a [common language and understanding](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F0E8CE54B6A1DCBB34976145457EFB688CCC86E6DD254CFE337B6C87C33789F60%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878148266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Z%2FhPnx1j9rY8b2iJLHKxYnd7%2BAaxH%2B3j9jcZK%2FXuIes%3D&reserved=0) of emotional wellbeing and mental health guidance
* Let's Talk... We Miss You, [best practice and guidance for maximising school attendance](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F547F77822DC4CC8CAA14C4CD2D489A4D7C98F6E618AFFDC6388DD65F3D53CFD4%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878148266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=kmZy%2BlWIpvBDXEuKD%2B%2BnVIVrD47yUAWjJCfB4lSvN8A%3D&reserved=0), including emotionally based school avoidance
* Inclusion Framework [guidance](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F6EBDBA3477F1EDC3275E257DB6FB7D9E96BA89EB63910857A0D6B4645E4B69A2%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878148266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zpBsioVgGAj9cEtLET6lCiiZ4Hu6xE5J2GxgNmYkQko%3D&reserved=0) and Inclusion Framework Lives Without Labels [document](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F92AF04CD69C6A933D0DFDDC7C68F45581B278A0D935776F8DC781851C0204266%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878304505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rFM%2BvJKVXoiihHrJVmTPPEOu7tKU4M7xYNvKMgw%2FP7M%3D&reserved=0)
* [Essex Education Inclusion Strategy](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F62E345F415D97658BAF63ED156820D8AF3D38DA4ABFBB9B719F7D4B51EDE6F0C%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878304505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nVyMjvCcva2xjgX46j43EgIWhIoflKZkIemo7jXhFfs%3D&reserved=0) and Inclusion Reviews [guidance](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F5DEE9D09186243298480234E4D9E0D52775D2206C91A710C0A4A115813AF4D7B%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878304505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9F4W3x1hbv7ZFKIJ6KVpdTy4JSbvsSDXyh0XGlnx3Es%3D&reserved=0)
* Ordinarily Available: [universal support](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FCD0333A9726126A98FEE92EB6F2024A9E2388A74DD960836499207ECC5C3B8BC%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878304505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=N785xBKEzcatbSr8tgJ4xrd0LNx75f51RYk9%2BPj4lMk%3D&reserved=0) and [targeted support](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F8090D2EBDAEC9D0A8A921B94EA8D66833A430A1BE9C3C7589D52C2559E89E915%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878304505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6HpkbFgXOOsHq5N4ExQ4amznqNtX6ODWT9ZhN1ZScMw%3D&reserved=0) frameworks

**Staff wellbeing**

Here are some resources to support staff wellbeing:

* Mental Health First Aid (MHFA) England offer [training courses](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F490BBBA699B1B9C7D2A449CB61D34D3EFB1404B026FB0D8079F3C6E648A645D9%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878304505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RBTxQSnHHrx64l%2B6%2B3oFgutd%2BMjeVQPgzwfAoRhZDrY%3D&reserved=0)
* MHFA [staff wellbeing posters](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F8B33D8C9746CC0932F6BC5B65A3504133C86C486F7543AD6E0FA42E87161F4B4%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878304505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=w9JXFjy2Vq9F3ejb9E%2FNsPIiqtZNl6xGPGwxGTeV%2B%2F0%3D&reserved=0)
* Twinkl [information, resources and tools](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC251DB2D1B87A9C744A736E34E1E55E10E4F1D96A411080FDB49A27867C4EC81%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878460751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nXfk4ms9SFEICnQ%2Fvi7CUinhgKjzqIu%2B3ImlM4UBmVo%3D&reserved=0) to support staff wellbeing over the autumn and winter period
* NHS information about [looking after your mental wellbeing in the winter months](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FBCC55DF1356B49FE97543321D91A091E6E7E456471A99207B5FE4ED6F8D0A58E%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878460751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=DMQ%2FmAC0Myv01xg8X1T1rKoLMBvHLiBzUn4enrJH7Sk%3D&reserved=0)
* Grief First Aid [training program](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FF61F6C234914D3ECFDE1F6AE91141F45CF22B81F4E5AD9BE93B7777AD222F347%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878460751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Z7L67Kb98NhpVbaSMoseAxh7O1YC2cjILGu67piRbUE%3D&reserved=0) for members of your organisations
* Governors For Schools have created a [resource](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FF54AC35700BB59629E1C288D1BD72EC7A66C39A416357B929C725D7865AB7055%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878460751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=pvTQ2bYNk0KVGKKI6qzLuVCBqMqLFLpLmA%2BMnpd7aZ0%3D&reserved=0) that supports the governing body to implement practical changes to improve staff wellbeing in school

**Children and young people's wellbeing (CYP)**

These resources are intended to either use directly with CYP or signpost them to do so themselves. This might be through 1:1 conversation, during lessons/sessions, assemblies, or added to displays and notice boards.

Our selected resources are listed below:

* Keep a look out for the [Young Minds 2023 wellbeing calendars](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F76B7983C87E7D5D64896BD7BA880DC85FD399075C91ADAA057ACCB686EB98898%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878460751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=oVfI5%2FK3ICZzoJw5ZkUyr3RmlZPMl2WctxFYGyJ3MUw%3D&reserved=0) to support CYP during the winter break
* UNICEF's '[What’s on your mind' video](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FFF662BFCB059B25B012A67186F76F070968A9C61BEF0BAF74463188DA597F601%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878460751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=YQDjt1PgckbMvyQkFAXTWxPskRwpVBcUiMJn9GbPM7U%3D&reserved=0) aims to encourage CYP to share how they are feeling
* [Anna Freud children and young people's wellbeing resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F76988438C541D3A5E2C2592F6BA442ECC502F6FCCB06C25F6B8E41326C51206A%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878460751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=yZ1OzW%2Bj9POMNTTsyOdCkgBQMmIg6O%2FkEPgAeaN6WkA%3D&reserved=0) aim to empower young people to make informed choices about their mental health & wellbeing
* Young Minds have created a range of [posters](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F131B8A7FB3E1617E786F4880A1E14D63CD4DB143501C3E3278C2E0FAC21A8701%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878460751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KnY%2BjVE%2FtvCYGowIRMpDoAUiNjYbW4gqpK%2FCih8SUl0%3D&reserved=0) to support CYP's mental health
* Essex Sexual Health is a go-to [resource](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F74956CF2F89251B89BAC11DC0140A14DC0DDE04E99D2D272AEE07CF9414AC9CF%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878617048%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=SJiJLGsdJRQEvGTbnE3CU0KuKZNuDW2ULP3c9609YBo%3D&reserved=0) that CYP can access for free, confidential advice and support
* [Progressions Essex](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FDBB1E4372BE727BE37B4070C884B6D436F6F0820924EFD3A3E1898B59BF1B63F%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878617048%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jg0tzOcgwPUMyn%2B8qTx5%2FqnLLmx2QgeaGrJ9qvAkEOo%3D&reserved=0) is a service that supports young adults to thrive in the community upon leaving the Southend, Essex and Thurrock Child and Adolescents Mental Health Service (SET CAMHS)

**Resources for parents/carers**

These resources are intended to share with parents/carers through 1:1 conversations, parent/carer newsletters and parent notice boards.

Our selected resources are:

* [Family awareness days](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F31668D4163E676480615A184F284AF79C448295991804EF0290A7520F8C84754%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878617048%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=AG0ikJLqdR%2BroTPWev8IpyBUSn8atLPAZkHaFcSO1n8%3D&reserved=0) you may want to share with your families
* UNICEF's [video clip](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F861376D16B453CC46DCABB753AAB3B960714BB5FBD7BE9527FCFAFCC4981FB04%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878617048%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=oi7efzeFgLG%2F%2BO156fEgSi4cV0pMUFaP7VvwcV9onTA%3D&reserved=0) offering guidance on how to talk to your kids about mental health
* Place2Be [information and a video](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FF3A7D6E36BBF57D063DDD30BCD91F5BD86C65FF0B0D56114A805DE0B849F76B4%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878617048%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2B7o4%2BFOXYUJPfszfynjkrz6zpA%2FlhiInhDiP26ofG9Q%3D&reserved=0) offering parent/carers six ways they can support their child(ren)’s mental health this winter
* Essex County Council's [understanding behaviour webinar](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F7346929CC10B3506B6F0ED7356DBFEF2F1AD7799D4AD81FB7DEC9C3FCC026CBD%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878617048%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FsRtlW%2F%2FjFMa8kN4y5riRP4lbWGHOLYU8HfJ8i%2BlTQk%3D&reserved=0) shares Essex’s approach in understanding behaviour, top tips and what families can expect from schools
* Campaign for Learning have [inclusive family financial education events](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC77C4852539B2A1270D9C0B84CE24DA5EA8DB4E957C7A695E75C107B9C773FD0%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878773366%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=TWn93zob6ayLyFxivjVZyCiajds8riYW5lCPItbdkyY%3D&reserved=0) and [funded workshops](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FB6D6996E2A25FCDB2EE7E7C5A1AFC0377D4D407BC6977EEBC10AB5AD9A7C4F7E%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878773366%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2uQTfGffr6VHirTA30ra9oCuSYpoZnTKnmRRXSYIPnA%3D&reserved=0) to help CYP with neurodiversity and additional learning needs to learn about money

**Mental health and emotional wellbeing campaign days calendar**

We have provided a list of key [emotional wellbeing and mental health campaign dates](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FC84A431C829559ADB817C9FE6FABE28134F28C27A5A80E8CAF41BB2261032956%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878773366%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=bpbp5uLlumH6JByQNG%2F6xMu6KmBxejagCJCLJxes9rE%3D&reserved=0) you may be interested in.

**Newsletter feedback**

We would like to ensure the newsletter is useful to you all, so we encourage you to use our [feedback form](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FFE1EF9458DA7E684F5E9210D04C36BC7D08C43EC2E4A3B64D8B3195BC9064DC0%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878773366%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=h3qmN%2BdFeQIDBhm0xNz3LkQP9Rr6zehMsDGlUxhbrnc%3D&reserved=0). 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.

Social, Emotional and Mental Health (SEMH) Strategy Team

Education

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[Social, Emotional and Mental Health Portal for Schools, Colleges and Settings - Social, Emotional and Mental Health Portal for Schools, Colleges and Settings (essex.gov.uk)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F088DCCB0F69B5EC86B0EB9A73D68D62E429594E44B282BC9A658CEE531A89DFB%2FA2FC1DA783BFB9982BD44DDCABB17255%2FLE35%3Fii%3Dtrue&data=05%7C01%7Cbeth.brown%40essex.gov.uk%7C64c17bb06ad2490c397d08dbdf72ea75%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638349456878773366%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=A6FDsn1iHgAVXpF19u%2FagCKSWolYxw%2B%2BXt7OM7tKoHY%3D&reserved=0)

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