**Designated Mental Health Leads Newsletter**

Spring Term 1 edition

2023-2024



"The heart of leadership is connection, and connection is about empathy, curiosity and emotional courage"
       Brené Brown

Dear Colleague

Welcome to our half-termly newsletter update.

Content:

* Designated Mental Health Lead (DMHL) autumn term cluster meetings
* Trauma Perceptive Practice (TPP) updates
* Mental Health Lead resource hub
* Support during the exam period
* Staff wellbeing
* Whole-school approaches to working with and supporting your school community
* Peer mentoring programmes
* Resources for parents/carers
* Mental health and emotional wellbeing campaign days calendar
* Newsletter feedback

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

Don't  miss out on our next online DMHL meeting on [Tuesday 13 February 2024: 1pm to 3pm](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Designated-Mental-Health-Lead-Newsletter.aspx).

The session includes:

* opportunities to gain peers support
* share good practice examples
* find out about our new DMHL virtual peer support platform
* resource ideas will be given to use with children and young people (CYP)
* find out how to access our growing SEMH provision database, which will signpost you to a range of local and national services, resources, and training

You can now sign up to our summer term cluster meetings (Face-to-face sessions):

* Tuesday 12 June 2024: 10am to 12pm (North East)
* Wednesday 26 June 2024: 10am to 12pm (South)
* Wednesday 3 July 2024: 10am to 12pm (Mid)
* Thursday 4 July 2024: 10am to 12pm (West)

[Book a summer term cluster meeting.](https://schools.essex.gov.uk/info/tradedservices/Pages/education-essex-online-booking-system.aspx)

Please note: We require a minimum of 10 attendees for a session to go ahead face-to-face. Should it be less, the sessions will be moved to an online event and attendees will be notified of these changes.

We are also looking for venues to host our future face-to-face meetings. If your school/setting would be able to support, please email the social, emotional and mental health (SEMH) strategy mailbox viasemhstrategy@essex.gov.uk.

**Trauma Perceptive Practice (TPP) updates**

Congratulations to **Tiptree Health Primary School** and **Thomas Willingale School and Nursery** who have successfully gained our TPP best practice school/setting recognition status!

Find out more about Essex [Trauma Perceptive Practice (TPP) training](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/semh_related_training.aspx), via our [training leaflet](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Documents/TPP%20Leafletv5-Accessible%20Jan%202023.pdf).

You can also:

* sign up to the TPP training
* sign up to our TPP for families training if you've completeed the advance level of TPP training
* apply for TPP best practice status

by emailing TPP@essex.gov.uk

**Mental Health Lead Resource Hub**

Mentally Healthy Schools have created a mental health lead resource hub, offering an [eight principle approach](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/?mc_cid=3b7e69c9a5&mc_eid=1980a959bc) to a whole-school or college mental health support.

Their latest Mentally Healthy Schools toolkit contains lesson plans, advice and supporting activities for dealing with stress either because of school/college life or distressing events in the wider world.

Available resources incude:

toolkits:

* [targeted support toolkit](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/targeted-support-toolkit/)
* [wellbeing curriculum toolkit](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/wellbeing-curriculum-toolkit/)

e-learning:

* [it is okay not to be okay free e-learning](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/mental-health-it-is-ok-not-to-be-ok/)
* [supporting berevement situations for children free e-learning](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/supporting-bereavement-situations-for-children/)

webinars:

* [suicide prevention in the context of digital use and behaviours free webinar](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/suicide-prevention-in-the-context-of-digital-use-and-behaviours/)
* [a multi-agency approach to suicide prevention free webinar](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/a-multi-agency-approach-to-suicide-prevention/)

resource packs:

* [resource pack for education staff](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/resource-pack-for-education-staff/)
* [empathy based classrooms](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/empathy-based-classrooms/)

assessments:

* [mental health resource quality assessment](https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/mental-health-resource-quality-assessment/)

**Support during the exam period**

Starting to plan for exams?

Here are some resources for professionals and families to help you support children and young people (CYP) prepare and manage exams:

* The NHS have out together a tips on [preparing for exams](https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/) page that offers tips to reduce and overcome [stress](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/) and [anxiety](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anxiety-fear-panic/)
* CPD Online College share ways of [preparing children and young people for their exams](https://cpdonline.co.uk/knowledge-base/safeguarding/preparing-a-child-for-exams/)
* Campaign Against Living Miserably (CALM) have a [guide to exam stress](https://www.thecalmzone.net/guides/exam-stress?gad_source=1&gclid=CjwKCAiA98WrBhAYEiwA2WvhOk7Pb2vypuA-64pzx4eLLVJtbFMj0jeXHMtgTlBw7lX-_Dbfl8q0qxoC1GkQAvD_BwE)
* Samaritans have put together the [DEAL: coping strategies for exam stress](https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/?gad_source=1&gclid=CjwKCAiA98WrBhAYEiwA2WvhOhqyPN2E6mW-w6UYpSMJenZsMSvOfi17IguLV2tC4kmz6fC4a44M1xoCzwAQAvD_BwE) resource that provides a lesson plan to explore exam stress
* Young Minds have a range of activities, resources and posters for children, young people and school/setting staff to support them to [stay well through the exam period](https://www.youngminds.org.uk/professional/resources/staying-mentally-healthy-during-exams/?gad_source=1&gclid=CjwKCAiA98WrBhAYEiwA2WvhOt5E3ruZOcTKB1RAglk2rG80Mnh3u4ergNbFD19M2e4TUWhiGvaLxBoCe-kQAvD_BwE)
* Place2Be have created a range of [resources](https://www.place2be.org.uk/exams?gclid=CjwKCAiA98WrBhAYEiwA2WvhOi_GMN4up_1q3diV23TTlEzz8PVS7IOluOilTmCTjHnSicI5IPnLfhoCW6QQAvD_BwE) to support children, young people, parents and school/setting staff manage revision, exams and results day
* Mind have put together a range of resource and video clips to provide [children and young people age 11-18](https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/) with strategies to support exam stress
* Headspace have put together a [video](https://www.youtube.com/watch?v=LBbQK2HIvvI) supporting CYP to learn how to breath, stay calm and focus during exams
* The Psychological Society have created a [video](https://www.youtube.com/watch?v=-RZ86OB9hw4) for CYP looking at strategies to support conquer exam stress by understanding our bodies.

**Staff wellbeing**

[Education Support](https://www.educationsupport.org.uk/get-help/help-for-you/helpline/?gclid=CjwKCAiA-P-rBhBEEiwAQEXhH1khFOKeYloAJAlfzrQxOA7Ioc4wo3lpHUY0sY2WR24TAPBsYu-4ahoC92oQAvD_BwE) have published their[Teacher Wellbeing Index Survey 2023](https://www.educationsupport.org.uk/media/0h4jd5pt/twix_2023.pdf) results and are now available to view.

Why not print out their [helpline poster](https://www.educationsupport.org.uk/media/d3zhgz44/helpline-poster.pdf) and display in your dedicated staff areas. Their 24/7 helpline offers free, immediate, and confidential support by a qualified counsellor. They also offer [email and live chat](https://www.educationsupport.org.uk/get-help/help-for-you/helpline/email-and-live-chat/) support options too.

Want to survey or review your staff wellbeing?

Education Support have[Staff wellbeing survey template](https://www.educationsupport.org.uk/resources/for-organisations/guides/staff-wellbeing-survey-template/) and[wellbeing audit for teachers and education staff](https://www.educationsupport.org.uk/resources/for-organisations/guides/staff-wellbeing-audit/) tools, to help assess the quality of your current policies and processes in place to support staff mental health and wellbeing. They have also created a[staff and mental health wellbeing plan](https://www.educationsupport.org.uk/resources/for-organisations/guides/staff-mental-health-and-wellbeing-plan/), helping you to show staff your commitment to prioritising their mental health and wellbeing.

Looking for some free supervision?

Education Support are currently offering fully funded[professional supervision for school and FE college Leaders](https://www.educationsupport.org.uk/get-help/help-for-your-staff/wellbeing-services/school-and-fe-leaders-service/) in England.

They also offer an[Employee Assistance Programme (EAP)](https://www.educationsupport.org.uk/get-help/help-for-your-staff/employee-assistance-programme/) giving your staff confidential support and guidance just when they need it most and help your colleagues thrive at work.

The programme provides your staff with access to:

* counselling and coaching sessions
* financial, legal and practical support for both professional and personal issues
* online health and wellbeing resources and specialist information services
* mindfulness module

**Whole-school approaches to working with and supporting your school community**

Anna Freud’s [working together resources](https://www.annafreud.org/resources/schools-and-colleges/5-steps/working-together/) also provide support to:

* [establishing a mental health action group](https://www.annafreud.org/resources/schools-and-colleges/5-steps/working-together/)
* [improving working and collaboration with mental health services](https://www.annafreud.org/resources/schools-and-colleges/5-steps/working-together/)
* [include pupils, staff, parents, and carers in decision making](https://www.annafreud.org/resources/schools-and-colleges/5-steps/working-together/)
* [engage with all parents/carers](https://www.annafreud.org/resources/schools-and-colleges/5-steps/working-together/)

They also offer a [free 5 step action planning tool](https://www.annafreud.org/resources/schools-and-colleges/5-steps/working-together/).

**Peer mentoring programmes**

Looking for ways to empower children and young people to support their peers?

*Please note:* *although we do not recommend or endorse any particular peer mentoring programmes, we have added a list of examples you might find helpful to explore as a starting point.*

Anna Freud provide a helpful,[short introduction](https://www.mentallyhealthyschools.org.uk/targeted-support/targeted-support-tool/mentoring/) describing the aim and purpose of mentoring, along with a 4 part video series to describe how you can[establish a peer support programme](https://www.annafreud.org/resources/schools-and-colleges/5-steps/promoting-wellbeing/establish-a-peer-support-programme-in-your-school-or-college/) in your school/setting/college:

* Part 1: [Introduction to Peer Support](https://www.youtube.com/watch?v=kxy3sVMCQEg)
* Part 2: [Different types of Peer Support](https://www.youtube.com/watch?v=QvnOtGiDp6s)
* Part 3: [The five core principles](https://www.youtube.com/watch?v=gomA1mjg284)
* Part 4: [Training peer mentors](https://www.youtube.com/watch?v=XD27niCd2zI)

Here is further information about the [five core principles for co-developing a peer support programme](https://www.annafreud.org/resources/schools-and-colleges/5-steps/promoting-wellbeing/establish-a-peer-support-programme-in-your-school-or-college/).

Peer mentoring programmes available include:

* [Mental Health Foundation: Peer Education Programme (PEP)](https://www.mentalhealth.org.uk/our-work/programmes/families-children-and-young-people/peer-education-project) (Secondary age 11-12)
* [Worth-it: Wellbeing Ambassadors Programme](https://www.worthit.org.uk/programmes/wellbeing-ambassadors) (Primary age 6 -11)
* [Mental Health Foundation: U Ok?](https://www.mentalhealth.org.uk/our-work/programmes/families-children-and-young-people/u-ok) (age 16 – 25)
* [Kidscape: Peer Mentoring Programme Training](https://www.kidscape.org.uk/training/peer-mentoring-programme-training/) (age 12 – 21)

Other types of mentoring interventions include:

* Reach Essex: [mentoring service](https://reachessex.com/our-services/mentoring)
* Essex Youth Service: [good man – male mentoring](https://youth.essex.gov.uk/schools/good-man-male-mentoring/)
* Volunteer Essex: [kids Inspire - volunteer mentoring](https://www.volunteeressex.org/opportunities/volunteer-mentor-8148/)
* Essex Youth Enquiry Service: [Yes Supporting Young People - Mentoring](https://yesyouthenquiryservice.org/our-services/project-work/mentoring/)
* Essex Youth Service: [Sisters in Strength – female mentoring](https://youth.essex.gov.uk/schools/sisters-in-strength-female-mentoring/)
* Essex Evolve Intervention: [mentoring, coaching, group work and tuition](https://www.evolve-intervention.com/)
* Essex ACL: [Mentorship service](https://aclessex.com/yourfuturematters/mentoring-service/) (Harlow and Tendering age 16-25)
* Active Essex: [mentoring young people in community settings training](https://www.activeessexfoundation.org/workshops/mentoring-young-people-in-community-settings)
* Kid’s Inspire: [Mentoring](https://www.kidsinspire.org.uk/mentoring)
* MindJam: [Mentoring](https://mindjam.org.uk/services/mentoring/)

**Resources for parents/carers**

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

Our selected resources are:

* SHOUT:[resources for parents/carers](https://giveusashout.org/get-help/resources/resources-parents/?gclid=Cj0KCQiAy9msBhD0ARIsANbk0A96z9MK4jpHLgPhhHthEmDgQRBks3C1Gk22Xl7IvQepqWtHlJZI9t4aAkYWEALw_wcB) that are worried about their child’s mental health
* Mental Health Foundation: parent/carer [mental health and parenting resources](https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/parenting-and-mental-health)
* Home Start Essex: p[arent/carer support, services, and interventions](https://home-startessex.org.uk/)
* Kidscape: [advice for parents and carers](https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/?gad_source=1&gclid=Cj0KCQiAy9msBhD0ARIsANbk0A8aJdoPnTVMSv6N3BiyyN3CDQ7TlgT8SoMbT5U_n2ArQrPOZfdqjwUaAsTEEALw_wcB)
* [The Parenting Space NHS](https://www.cpcs.org.uk/the-parenting-space/) offer good parenting ideas to support child and family wellbeing based on research, evidence and experience

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

We have provided a list of key [emotional wellbeing and mental health campaign dates](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Designated-Mental-Health-Lead-Newsletter.aspx) for the spring and summer term of 2023-2024.

**Newsletter feedback**

We would like to ensure the newsletter is useful to you all, so we encourage you to use our [feedback form](https://forms.office.com/e/C43epjgxHf). 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

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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://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/default.aspx)

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