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| “Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.” — Fred Rogers |
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| Dear ColleagueWelcome to our half-termly newsletter update.So, we're fully settled into the new academic year now and well on our way to Christmas!  In this edition of the newsletter we've got some opportunities to be involved in different initiatives (some funded) as well as our round up of links to new and interesting resources (and even some ideas for supporting mental health around Christmas)!As part of the SET CYP Mental Health Education Board – we're working together on a number of projects, and of particular note is our Focus 5: To undertake a review of the correlation between SEND and mental health, with an initial focus on neurodiverse children and young people.  Updates and findings will be shared throughout the newsletters in the coming year. |

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| Content:- New Research on the mental health of CYP- Training opportunities- TPP updates- All-age resources- Secondary schools and colleges- Primary schools & early years- Support for parents- Staff Wellbeing- Calendar |
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| New research on the mental health of CYP |
| * The Childrens’ Society - This year’s Good Childhood Report reveals that too many young people are unhappy with their lives. 11% of the children and young people who completed our survey in 2024 had low wellbeing. And shockingly, in 2022 the UK’s 15-year-olds had the lowest average life satisfaction in Europe.   [The Good Childhood Report 2024](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F1386D6CFF550B0FD5A352D9992815F28E762E33409809462169A74CDF3548145%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192271032%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=VB5r9eLcLgJLiEcln%2FpvO9ljTLE5bzEeHP%2FHqexEGU0%3D&reserved=0)
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| Training Opportuities |
| * Eating Disorders CPD-accredited Training in Essex by BEAT – [Spotting the Signs](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F86EF7C71C16763CD61F4A863C5BFC1BEB0D845D4265A3CB431852E4FF12A6498%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192309437%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=12xH2uKT0iz57wF1qpuEHFOIBblN7OAao6ggp0Ktbow%3D&reserved=0). It's been specially designed to help school staff identify and support students with eating disorders.  Oh, and did we mention it is free to book?

**Free In-Person Training**: Available for any Essex       education professionals (incl. school nurses) working with       KS3/4.**Dates**: Wednesday, 20th November 2024; Tuesday, 14th       January 2025.**Location**: King Edward VI Grammar School, Broomfield       Rd, Chelmsford, Essex, CM1 3SX.**Times**: 09:30 - 16:30.**Spaces per school**: 2 per session, totalling 6 spots per       school.* Let's Talk... Managing Risk.  This new guidance ([Managing Risk document and appendices](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F6D355C3D789145F6B05F5A5277258F63872670C1FE3BB5B7D9C73254B94C34EE%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192344424%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Ips8u06I%2BUc47rKQ%2BHd1zkJ6EMaqx622SxQGk%2BFEv8s%3D&reserved=0)) from the suite of Let's Talk Resources looks at managing the risk presented by CYP with mental health challenges.  You can attend the launch event on 26th November 2024 at 3.30pm by registering your interest here: [Let’s Talk: Managing risk – launch event | Education Essex online](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F3B96877844E8A4F1D46C2220191FEAEE512CA53AB770289BA9D5387B9CAA7481%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192375942%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=J3%2FLnMyQ5b0sFSGrfRhWBzRs3bz4BkvOg1oq2HQ7ERU%3D&reserved=0)
* There is also free training available from MIND on the use of the [Self-Harm Toolkit](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD3CC4E8F5364BE824315086D6ABD3B03D3D8F892DBAA3DEA0EFE98DA6656BB1F%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192406329%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=fuAJL%2F%2B1%2Fs1aDTwkJ9uThf61aBI7AChL7g%2BRk1BEKfU%3D&reserved=0)
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| Trauma Perceptive Practice (TPP) updates |
| Has your school/setting completed TPP? Make sure you let us know so we can send you your certificate of completion. Advance level trained schools/settings can also access our TPP for families training. Contact us via tpp@essex.gov.ukFind out more about Essex [Trauma Perceptive Practice (TPP) training](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F0BCB25F560A94E460143388BD605BB4E8ADBE8B060C7DDA996C5779F5040E289%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192436428%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=EHY%2Fp1sRZOToe8uvbXBjsXdjfKHV1WqKd7SYuLws610%3D&reserved=0), via our [training leaflet](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FF3F3EB9892CEC519EA290F14A91674E26D0C25075C848D2FF717C3328E1FB51D%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192478733%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Z%2BAIEI9VgBIhQjKmbVbnqbf7XzpDmP2%2F3cF96qJfrOU%3D&reserved=0). Book your place on one of our TPP training courses for schools/settings and service partners:* External partners and providers bookings use the [Education Essex Online Booking System](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FA8C97136E2382D54AB92E12E9CD9B2EEE584E49D7066A7237A7DC748A34649F7%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192526827%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Wt5wfbDKc56REpxb6U9BrwtfzcgzSl%2BpqyLF9lVpHXU%3D&reserved=0)
* ECC workforce bookings use your [My Learning Logi](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD66840EE006E7E5C7512C0397E3AD229188F4BA743DD98BC83305E7F95ABEC22%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192571229%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=3yWTNZ6b2h5DV6Dez6xO2evuaXPg8BiC6iWAvrdNguw%3D&reserved=0)n

Dates for the ... term will be added shortly.You can also apply for TPP best practice school/setting status by emailingTPP@essex.gov.uk |
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| **All-Age Resources*** Anti-Bullying Week 2024 is Monday 11th - Friday 15th November, with the theme: Choose Respect.  It’s not just pupils who are affected by bullying, staff can also experience it in the workplace. So how can we create safe and respectful workplaces for all staff?  Education Support have put together a toolkit of resources for support and advice including how to recognise bullying at work, what to do if it’s happening to you, and how schools and colleges can create workplaces where the wellbeing of staff is prioritised. You can download it here: [https://bit.ly/48j4hGz](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F4F45B8D097A80CE7F250A0E248D8A7B8AE9FA5C2D0236D0A2863687FDDAE13A9%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192649038%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=GtaSlBPdxFX1nEmLIpIb%2FNnrF6GzuqI6f0xZw15Tu5k%3D&reserved=0)
* [Operation Encompass](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FDCBBC8D6C76BD0D2CED834104838F1CCB2074BE485B335939ED2EDBB62CEE0EC%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192713417%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=gMo2kEGZbsbyA9HrQAzFeeVFcMLvYV9ItWfZM4uel8w%3D&reserved=0)  is a national initiative that ensures children who are witnessing domestic abuse receive timely safeguarding and holistic help. On 24 May 2024 Royal Assent was granted to the Victims and Prisoners Act 2024. The new act placed Operation Encompass into law and puts a statutory obligation on police forces to share Operation Encompass notifications with schools.  Speak to your DSL for more information about how it is used in YOUR school.
* Child Bereavement UK, a charity, has released a short new animation about grief. The animation and other resources are available on their [website](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F90C118B63BBD7066E1802D35C0649DB627EF4D7A0AE509BF27B12D321DB44A80%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192759861%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=iaDuCp73vGtGqclpZV2fUKpMn0BK7UDT6E7%2F0SpXon0%3D&reserved=0).
* Christmas can be a really challenging time for children with SEND.  The Multi-Schools Council’s list to support ND children can be found [here](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F850AE7125F58A752AAECA68633B79311A098C31BA01108D9C7D70F7A5E251473%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192860151%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=5PmZWr8YuEfAHUZzDURS6%2FFx017g4XRBCArkePGZYPs%3D&reserved=0).
* **Sport and Youth Mental Health Delivery Funding**

Delivered by: Active Essex FoundationAvailable funding: £5,000-10,000Apply by: 31st March 2025       [https://www.activeessexfoundation.org/projects/youth-sport-mental-health-project](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FAE8B66005D1E60245BBA8B59ECA6883ECAA20F07EED455B39CE713FF2F771313%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192927978%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=%2F%2F%2BUa2MLsfI3Jdv5uj4AyLK9ozAsNpgeig8fBcWe3nc%3D&reserved=0)       Grants are available to support the further delivery of this project across Essex, including Southend and       Thurrock. You can find details regarding funding criteria       and application form below.       Contact our Project Officer, Sian Cleary,        sian.Cleary@activeessex.org to find out more information       about this funding opportunity and to discuss your       project proposal before applying. |
| **Secondary Schools & Colleges** |
| * [Step by Step Guidance](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F93C810061965DEA003EA4C14AE5F3E947972C30A23BE4EF587B1182F5485C9A0%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866192981683%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=gp9PiCui%2FxG0F8HC1wMnqGvaXeZPv9aUbmuLf%2FEsQ0Q%3D&reserved=0) from the Samaritans aimed at schools and colleges responding to suspected suicide.
* Advance has launched a series of [free downloadable toolkits](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F2E5362734B2817004755975272311CB8AAEC8723A576A7776A146BAD33CB0D9B%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193023018%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Dwph2mWBv0ktHqJtElzAS3UVrhcMo9LsI1RXORrvgB0%3D&reserved=0) designed for educators and parents/carers to help girls and young women spot the red flags in relationships. The toolkits comprise of ‘conversation starters’ for teachers, parents and youth workers, discussion topics and five 3-minute films targeted at different audiences: 12-16 years; 16-25 years; and parents/carers.
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| Primary Schools & Early Years |
| * Tesco are offering community grants to support mental health in schools - the information can be found here – [My Happy Mind Community Grants](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F21542832DA6D2F1BA60D1769020228D9130F19911A2E6FF32AB2CC5EB5AC4AA4%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193058724%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bZVKugfNvFuvKCzR1FiE8s8XqF47GjXP5R7MHwC3Eew%3D&reserved=0)
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| Support for Parents |
| * Norfolk and Suffolk NHS have recorded a number of webinars aimed at parents.  They have covered a wide variety of topics.  You may find them useful to signpost your families to. [Parent workshops | Norfolk and Suffolk NHS](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FEFFF1B9F884DE5262BABA344AC26C238A9F198D9704C26499D13850ED935007F%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193138617%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ZJTiW7xyhDmFRENGDB6bL9vOhaGqKpFkAtS9EVbYt70%3D&reserved=0)
* [Bounce Forward Resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FBAE0FDAC67724B16E2D0E0A545D38663C14EC4238CAA1AA6FA8FCB43893B03E4%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193200582%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=kOidcy5ZE0bA43F%2FVWcj2rLQMjtzRsynxrEU5OcUp%2B8%3D&reserved=0) aimed at schools and parents covering issues such as kindness, resilience, sleep, empathy and recovery.
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| Staff wellbeing |
| * Teacher Support [‘Get help’](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FFA105CA4D8973EA0416E8646637FCF88E6AF120A83367FCA9537B77321FA8511%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193258476%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=zyVZdogBd6Saiuy%2BMwMQSYlydQVG1jg2hqnjzvqMcy8%3D&reserved=0) for yourself and your staff. You can also call the FREE confidential helpline 24/7 on 08000 562 561 where you can speak to a trained counsellor.
* Staff mental health and wellbeing

[The building blocks of good mental wellbeing (educationsupport.org.uk)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F6040A53513F4DB2B60DF94EF1DE755C5ED84A63B33624EF8E89E4F8155FBCC4C%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193299376%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=4x3Kf31cDPBb1TTaiwWsqhHCfb%2FSCsccdzsT0PkVLxc%3D&reserved=0) |

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| **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%2F96C267D6E114AFE250D9515D97CD5F7A520D0A4F700E8FF30095B8EC78C6AA3E%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193337489%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=5eomNIkPznfvnhNviHPfL9U1dA%2FQBU9%2FBsa3cMm7DL0%3D&reserved=0) for the spring and summer term of 2024-25
* A [calendar](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F578E9A5710A0F06EACABE552F96FE63DC037451E3E4A599E183BD8134AD0C27F%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193374389%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=NPaAIjMeHFIiv754zL3AiyIXsGSkLBlvO4TiKK898kU%3D&reserved=0) of curriculum themes and occasions linked to mental health for the 2024 autumn term, with activity ideas and free resources for each theme.
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| 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%2F4C7FDE977ED7E3041DEDCA772097F779E0F8D5C6EE21B4AE7F15E821E2243E41%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C21f1bda2dd4244a3fa4508dcff38b095%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638665866193408468%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=sIGJeV8qcdcx%2BFecU0d%2FWXSADhOxsYPtDbW503IgRUE%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. |
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| Social, Emotional and Mental Health (SEMH) Strategy TeamEducation semhstrategy@essex.gov.uk[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%2F9D1AF812CDCDFE570E58E74A92CFA5C6090DB82A85BF491429A6EA510A1A3CD0%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305228694%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=On%2BHqyAGqX%2FRFJFNPym2sEfQvOdOBKAmWWToQCVBkes%3D&reserved=0)For details of how we process your personal data, please see our [privacy notice](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F247D65B56AC9D1B82D0835CA4B30B909AE252D444E522497945A0E0A665E40B2%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7Cd319bc4afe834e1b2a5d08dcd8ad1f03%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638623485305241259%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=drB5D6Hg5bIfaY82ZRbz1VFlqEiEkqZBTtR6UpQKFQI%3D&reserved=0). |

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