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| "**"No winter lasts forever; no spring skips its turn."**"- Hal Borland |
| Dear ColleagueWelcome to our half-termly newsletter update.We hope you have returned from your winter break feeling refreshed and ready to launch into 2025 with renewed energy.We have a full newsletter again this half term, so please read carefully and take advantage of the resources and training on offer. |

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| Content:- SDMHL Conference - Mon 23rd June 2025- SDMHL Register - Finding the Right Help from the Right People- Let's Talk - Managing Risk- SET CAMHS - NEW Referral Form- Training & Resources- Children in Care - Requesting Therapy- Staff Wellbeing- SEMH Calendar- Feedback |

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| SAVE THE DATE - Monday 23rd June 2025 |
| On Monday 23rd June 2025 we are holding our first full day conference for Senior Designated Mental Health Leads.  More details to follow, but expect inspirational keynote speakers as well as useful work shops and seminars to add value to your work in your schools and settings. |
| Senior Designated Mental Health Lead Register (SDMHL)  |
| In order to ensure you receive information regarding your role and specialist area, can all DMHLs log on to your account on [Education Essex online](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F0AEEDB42EE488FA34EFD5A8BA7C3358F5101168CA92F70E00146D89C2F1422B5%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260373660%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=9kWIk6KrHmlcJiCDwcka30EtQ68tL7Mh1gHg7Zq1uHY%3D&reserved=0) and ensure that you have updated your role profile to include DMHL. This will ensure the events/courses aimed at this role will be visible to you when you log on. |
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| Finding the Right Help from the Right People |
| The SEMH Strategy Team have just uploaded this useful document to the info link: [Finding the right help from the right people](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F3CA5F3499151087B9B40D684CEA19C5E51970081688254591617DB2B5EB1057F%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260391006%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=pRBebph94muGcCKDSbKMhSMw8fzJwzDtlA1fm0MOs7g%3D&reserved=0)  This document is designed to enable school/setting staff to navigate the support provided by Essex County Council and partners.  The document does not capture everything that is available, but instead acts as a starting point for exploring what is available at the varying levels of need and intervention. The embedded links will take you to further information.In addition, [Essex Frontline](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FEA9813A2557E0C05350914E0C47EA49820BCD76070DAE891EA22515342710348%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260412811%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ejul%2F84kW06UNqWWVH%2BMZ9zQdPOfhwnMcKgxb3GVX%2B8%3D&reserved=0) is a community project to help front line workers quickly find details of local health and wellbeing services and to contact services through call back and referral options. |
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| **Let's Talk - Managing Risk** |
| Working together, the SEMH Strategy and Safeguarding Teams have recently published this document alongside the other Let's Talk Resources: [Essex Let's Talk resources | Essex Schools Infolink](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FAA48C4AF950295123E81F0C1C2FE9FE4F330B32B51E791C60E69CBFE00BA063B%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260439643%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=sy4p8N1tuvsmiX1r7BDn0siPPSEddQ9s6hH0z86sV5o%3D&reserved=0)This guidance is for professionals in education settings who are supporting children and young people who are exhibiting physical and/or psychological risk within their mental health presentation.  It also includes a number of useful template documents for adaptation for use in your own context. |

SET CAMHS - NEW Referral Form |
| SET-CAMHS have launched a new [o](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F486C631F09C2515FECF778B55EB88A036A8421A28C42D28FADF52B8DD2C5700A%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260635366%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=uVaxmfBheCfYaJYtxyozI6XGn2WM%2BLkpGzYKYTqxgCc%3D&reserved=0)nline referral form, effective from the 2 December 2024. This online form replaces the previous word document paper version, which will be fully phased out by 31 December 2024. It can be found [here.](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD13930F426D43259F2C667A37ACFBDE146BD279CD77E5D662B6876309DC4FFBB%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260654589%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=fq%2BJ78R6V51ZPKfPoAD5hyN25HIR59fxBXQCbJsaOlo%3D&reserved=0)If there is any issue with the new online referral form, you can contact CAMHS at: SET-CAMHS.referrals@nelft.nhs.uk or by phone on: 0800 953 0222 Option 2

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| Training & Resources |
| **An introduction to self-harm prevention in schools (Anna Freud)**Join their free webinar on the 4th February for an introduction to self-harm prevention in schools and colleges.  This webinar will help staff to recognise signs and causes of self-harm in their setting and consider a whole-school or college approach to prevention. Book your place [here.](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F492F397B8D1E4A75346592E847E90B52DCB4C7511A8231903269169F6D2A166C%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260690689%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=QGY79Bi0W6D1Rw%2B1q38yFZgNKveFzlAQcA%2BrxqTQ5aQ%3D&reserved=0)**Autism and Disordered Eating - BEAT**BEAT have developed a half day workshop covering the cover unique challenges faced by autistic people with eating disorders and their carers, and how they can be best supported.  [Book here](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FE916D21542A85EBFA9474D1D5134F745DEB356ACC1295AC02175E39A6DD0E761%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260708877%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=h7qYyB1y7DQgtY03kxdUZNmrbh34xvamM2b5XOWlAUs%3D&reserved=0).**5 Steps to Mental Health and Wellbeing** A free, [evidence-based framework](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FD977200D81B0B5043CBFC5968DEEFAAC2A437007D20A5ACD204D0FEE11F738CD%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260729990%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=cVlcV882EQcchhbUZvn3xbX5bq5roZl6i3i0XKX47pY%3D&reserved=0) to help you develop a holistic, whole-school or college approach to mental health, developed by Anna Freud.  **Healthy Schools – Lunchtime Leaders Toolkit**The lunchtime Leaders toolkit is a collection of resources created with the aim of supporting schools to enhance the lunchtime experience for children, young people and staff members who support lunchtimes: [Toolkit](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F9845E4D828EA1DDC3D0AA4D3D1CB8F4DB18B86375FFFBCE6D4F30093F27FC4F9%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260755191%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ROGNSWjXGPOcC0%2BR0Ww2QfHoZAu0HW8Bw8gvnbkaHe4%3D&reserved=0)**New DfE Guidance - Incels**The DfE has published new guidance: [Incels: A guide for those teaching Year 10 and above](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F9F367DBE6D9517ECEF5BB83AE37A571825FE27C92C10D56396EDEAD34F857FAE%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260775216%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=NIb3DJSuDaiXGGWL8xt3%2FzXy0XDyaIMznZWsFN%2F%2FjI4%3D&reserved=0).  This guidance explains what the Incel online subculture is and includes the signs that a young person may be engaging with it.  |

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| Children in Care: Requesting Therapy |
| The Virtual School has published guidance for social workers and Designated Teachers regarding commissioning therapy for Children in Care in school using the PP+ Grant. Please find it[here.](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FE30F522299CFFDCF2F23AC1C7128B172AD8BD6BF257024D5B381674345445945%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260792636%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=BQNtmyzNB0CET40iOl2J4o%2FX8GpFtxMY1YjuVPZfeVA%3D&reserved=0)  Please email virtual.school@essex.gov.uk to request support. |

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| Staff wellbeing |
| The Staff Wellbeing webinar is now live on the Schools Infolink. This [20 minute video](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2F39D154415A7F0E1B33D13EA9B8329C0865BA9E7126A86394198E7E2E0E46481F%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260809659%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=EKDkr%2Bhxo0bnFa0cevt6xGDp1gjyehfH3XPzcJRlklE%3D&reserved=0) explores how to reflect on and promote staff wellbeing in schools and settings.Teacher Support [‘Get help’](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FA5B654D42887544309F56DFA05C8B754AAE1BD23BFDB6BDBC26EFA17C3806A51%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260827034%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ATOuVz5O%2BfmmwS4Zn06mBVpZ6t1buRopo%2FJ4i814Or4%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. |

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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%2FB29608FC915BE7569DD4BC4A43E7A56F6D2F96AD59DB631242FA573B68518422%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260844703%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=h8c3122JXE4GbMTmLgos8jYeQkYU8ARy6n%2FUcggPpac%3D&reserved=0) for the spring and summer term of 2023-2024.  |

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| Newsletter & Portal feedback |
| The SEMH Strategy Team are currently reviewing the Info Link Portal.  It would help us greatly if you could spare a minute to complete this simple [Survey](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnews.news.essex.gov.uk%2FFC7FDB1858C7C30F6B4A41EEC71F8158233F10CDB52D2263FD762FCDAEE004B0%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260862017%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=KaA895BbNYi3n9xnNoj%2FQm9mTgB0UI8zyruQHXqWGVY%3D&reserved=0).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%2F1018B778E42CFBF861B0F8726188667B438CE03236D36D9E4A5792C4D4F6FAD9%2F789381DB2237E771F20691D68B5C8881%2FLE35&data=05%7C02%7CDeb.Garfield2%40essex.gov.uk%7C670fe4b218f0418393eb08dd348243e0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C638724456260883014%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=TnalfgoQ5FHe2WLFCpSLRbtnbKJQ%2FliIm9e%2FmGUsGfQ%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. |

A purple background with white text  Contact information for reaching the SEMH Strategy Team.  Manage Preference or Unsubscirbe/ |