



January 2021: Children and young people's mental health – update for PHE regional CYP and mental health leads and signposting to information to support Child Mental Health Week

1. **Child Mental Health Week** is taking place on **1-7 February 2021** with a theme of 'Express Yourself'.

There are lots of [Child Mental Health Week](#) free resources available that can be adapted for home-schooling and online lessons

[We Are Beyond](#) are launching the **UK's first ever mental health and wellbeing festival for primary and secondary schools**, during Children's Mental Health Week, free of charge. A [Now and Beyond](#) festival is taking place on the **3rd February 2021**, where schools will have virtual access to local mental health and wellbeing experts volunteering their time to deliver a range of online sessions and activities. The aim of the event is to also establish new and essential relationships between schools and local mental health providers.

Schools are being encouraged to take part by:

- Encouraging their pupils to wear an item of clothing '*inside out*'. '[Inside Out Day](#)' aims to engage pupils to start talking about mental health and wellbeing.
- Using dedicated [schools materials](#) created by award winning organisations throughout their Lessons.
- Browse and book **free online sessions** from hundreds of approved mental health and wellbeing experts including school counsellors, creative therapists, educational psychologists etc.
- Attend live webinars dedicated to; teacher wellbeing with Anna Freud National Centre for children and Families; parents of young children with BBC broadcaster and journalist Kate Silverton and Dr Dickon Bevington

2. PHE's Better Health Every Mind Matters

Lesson plans on **Sleep and Social Media** have gone live on the School Zone, PHE's free teacher website. They are suitable for Year 6 and KS3&4 lessons both in the classroom and at home and feature content co created with both teachers and young people.

The resources will be marketed to teachers in the week commencing 25th January via email and paid social activity. They complement a wide range of other [Mental Wellbeing Resources](#) that support teachers to deliver the new RSHE statutory guidance.

3. PHE Psychological First Aid (PFA)

Psychological First Aid (PFA) for supporting children and young people in emergency and crisis situations will launch on the **5th February** on the Future Learn platform.



The programme will **assist professionals, volunteers and members of the public in supporting the psychological wellbeing of children and young people (CYP) affected by an emergency or crisis event.** This includes how to support CYP during the **COVID-19 outbreak, but also be relevant for other incidents.**

The course is being developed with the input and advice of a range of experts, government and charitable organisations via an advisory group which includes NHS England, Health Education England and the Department for Education

Course outline: The course will advise on support for **CYP aged between 0-25**, including via parents and caregivers for younger children / those who need additional support. It includes:

- Introduction
- Understanding the psychological impact emergency and crisis situations on CYP of different ages
- Psychological First Aid overview: Prepare, Look, Listen, Link
- Supporting yourself and colleagues
- Test scenario

Currently the content is under final stages of sign off and uploading is beginning. The launch date coincides with Children's Mental Health Week. Further info to follow including links to the site.

3. January COVID-19 Mental Health and Wellbeing Surveillance Report

This is a routinely updated report about population mental health and wellbeing in England during the COVID-19 pandemic. It includes a spotlight chapter on children and young people's mental health and wellbeing. Please check the latest updates [here](#).

4. Wellbeing for Education Return

The Wellbeing for Education Return team (across DfE, DHSC, PHE, HEE and NHSE) and national providers (MindEd and the Anna Freud Centre National Centre for Children and Families) have developed the following resources for education staff who don't have access to locally adapted training and support:

- a short, pre-recorded webinar, 'Every interaction matters', focusing on wellbeing, resilience and the 'look, listen, link' framework (covered in the original WER content and derived from Psychological First Aid e-learning). This is intended for use by a senior mental health lead or similar in a staff meeting or INSET; and
- a document signposting resources which support education staff wellbeing.

The content has been user-tested with a range of mental health and education leads and experts across the education sector, NHS, voluntary and community sector and local authorities, including an expert advisory group and the aforementioned government



departments and organisations. The Wellbeing for Education Return team has also worked closely with PHE's Psychological First Aid team in developing this content, to ensure it aligns with and complements wider work to support children and young people's wellbeing and mental health.

The resources are intended to complement existing local offers and build on feedback from local authority areas and education staff on their experiences of the Wellbeing for Education Return programme so far. They will be made available on the [MindEd Education Hub](#), alongside the original content and local area practice examples, during Child Mental Health Week (1 – 7 February). We'll share these with you and via wider national and regional networks for onward distribution to schools and FE providers when ready.

5. Prevention Concordat

Relaunched in December 2020, the Prevention Concordat for better mental health for all is in the process of updating its core resource list with targeted Children and Young People's content – this should be available later in February.

PHE's Prevention partnership's new podcast series 'Real World Public Mental Health' will tackle preventing mental health issues in children (0-5 years) and families. This will be released mid-February on <https://bit.ly/3nNyy7w>.

PHE's webinar on **Supporting Young People's Mental Health and Wellbeing - data insights, prevention and promotion** took place on 3rd December 2020 – with [video](#) and [slides](#). This webinar:

- explores what more can be done from a prevention perspective to protect and promote young people's mental wellbeing before poor outcomes start to manifest
- highlights insight including from young people themselves about the building blocks for safeguarding positive mental wellbeing
- highlights local prevention practice aimed at improving mental health and wellbeing outcomes of young people, including examples from the Further Education sector.

6. Local Transformation Plans Practice Examples

PHE is working with the Department for Education to identify and promote best practice demonstrating the active and effective strategic engagement of the Education sector integrated within local children and young people's mental health systems.

We are aware that there are some examples of good collaboration in relation to early intervention and signposting to specialist support but would like your help in identifying practice examples that demonstrate in particular effective partnership working between Education and Health on **Prevention and Promotion**.

The purpose of collecting this information is to better understand how the Education sector is routinely involved in influencing the commissioning of support for children and young



people's mental health and wellbeing and to share examples of where this is working well to encourage and support dissemination of good practice. This information will also be valuable for informing strategic planning to promote, protect and improve children and young people's mental health and wellbeing in an evolving local context.

We are grateful for your signposting to local areas with whom we can have follow up conversations to learn more about local practice. The kind of questions we are exploring with local teams include:

- How are school/college heads/principals/ leadership teams influencing the deployment of strategic resource locally for CYP Mental Health?
- What mechanisms help facilitate the engagement of Education in this process?
- What are the benefits to children and young people of Education sector involvement in engaging in this way?
- Is there transferrable learning that could benefit other areas?
- What networks are in place (locally, system level or regionally) to seek out and disseminate good practice examples of CYP MH initiatives in education settings?

We would be interested to follow up conversations with any areas where you feel there is established good partnership working and in the first instance ask if you would be able to help by emailing [Ana Lekaj](mailto:Ana.Lekaj@phe.gov.uk) by Friday 5th of February.

7. Emerging Minds

Emerging Minds is a UK Research & Innovation research network that aims to facilitate cross-sector and cross-disciplinary research that has the potential to reduce the prevalence of mental health problems in children and young people. For more info see: <https://emergingminds.org.uk/>

Throughout the pandemic Emerging Minds have worked with leading experts to develop a range of podcasts and resources to share evidence based messages with parents, carers and people that work with children and young people. These cover topics including managing fears and worries about COVID-19 (written resource available in many languages), 'teens, screens, and quarantine', supporting those that self-harm, teen sleep, supporting children in going back to school and many others <https://emergingminds.org.uk/resources-for-families-supporters/>

Emerging Minds are also currently working with young people to review the emerging research on the mental health impacts of the pandemic on 11-16 year olds and to work with young people and partner organisations to develop evidence-based resources for young people. A podcast summarising evidence to date can be found here: <https://emergingminds.org.uk/podcast-how-can-we-best-support-the-mental-health-of-11-16-year-olds-during-the-covid-19-pandemic/>

In 2021 Emerging Minds will be running two funding calls to address their research challenges around 'voices, power and attitudes' and 'the big question' <https://emergingminds.org.uk/research/>.

To keep uptodate with the latest news and opportunities subscribe to the newsletter here: <https://emergingminds.org.uk/contact/>



[Emerging Minds Conference](#) **Youth Mental Health & COVID-19 – What do we know and what should we do?** organised with [the Policy Institute](#) and the [Centre for Society & Mental Health](#) at [Kings College London](#): **1 – 3 March 2021**. Free attendance: register [here](#).

Monday 1 March 2021 – 12.30-2pm

Evidence base (1) Overall trends: How has children & young people's mental health changed due to COVID-19?

Tuesday 2 March 2021 – 4.30-6pm

Evidence base (2) Disadvantaged, Marginalised and Vulnerable groups: How has the mental health of children & young people living in different circumstances changed due to COVID-19?

Wednesday 3 March 2021 – 12.30-2pm

Impacts in short, medium and long term: How will the wider societal consequences of COVID-19 affect children and young people's mental health?

Co-SPACE, funded by the UK Research and Innovation (UKRI) Council, and its partner studies will tell us how families are coping during the COVID-19 (coronavirus) pandemic, and what parents can do to help support their children's mental health. Responses will help to find out how children, young people and their families are getting on, what is working for them, and what they are finding difficult. [Find out more](#) and take part in the survey. A range of [resources](#) are available for parents and carers.

8. Loneliness

The second Tackling Loneliness Annual Report from DCMS has now been published and is available at: www.gov.uk/government/publications/loneliness-annual-report-the-second-year PHE is referenced in relation to the PHOF measures (section 12) and Every Mind Matters campaign (section 42).



9. Samaritans Online Harms Webinar

SAMARITANS

Samaritans Online Harms Webinar

Self-harm and suicide content online – what does the latest evidence tell us?

You are invited to our new webinar series

Wednesday 10th February 2021

4.00 – 6.00 pm (GMT) via Zoom

As part of Samaritans' Online Harms Programme, in collaboration with government and digital sector partners, we are launching a webinar series exploring the impact of self-harm and suicide related content online. The series aims to present and discuss the latest research on the online environment to key stakeholders to inform current policy and practice by increasing awareness and understanding of the latest evidence base.

Please join us, along with leading academics, tech companies, government and third sector organisations to hear the latest research findings and discuss their implications for how we can provide a safer and supportive online environment for vulnerable users.

Webinar programme

Where's the harm? Understanding the evidence on self-harm and suicidal content found online
Dr Cathy Brennan from the University of Leeds

Young people's engagements with self-harm and suicide content on social media: harms, benefits and opportunities for intervention through COVID and beyond
Dr Anna Lavis from the University of Birmingham

Co-producing online safety resources with young people – key implications for policy and practice
Dafni Katsampa from Samaritans

To confirm your attendance: please email onlineharms@samaritans.org. Please share the invitation with colleagues who are interested in this area of research.