



## Mental Health Awareness Week 2023 resources

On Wednesday 10<sup>th</sup> May 2023, the **Children and Young People's Mental Health Coalition** hosted a webinar bringing together members to find out more about [Mental Health Awareness Week](#) and how to get involved.

In the webinar we asked attendees to share their own plans for Mental Health Awareness Week and their resources. We have collated what was shared in the below list.

[Watch the webinar](#)

### Mental Health Awareness Week

**Mental Health Foundation:** Activities, resources and information on how to get involved with Mental Health Awareness Week can be found on their website:

[www.mentalhealth.org.uk/mhaw](http://www.mentalhealth.org.uk/mhaw)

**Hope Virgo:** Sign the open letter to PM Rishi Sunak asking to support those affected by eating disorders:

<https://the.organise.network/campaigns/network-no-one-should-be-dying-of-an-eating-disorder-in-2023-8ffc72793b87a94>

**#DumpTheScales:** Join the March and fight for those affected by eating disorders:

<https://www.eventbrite.co.uk/e/join-us-to-march-and-fight-for-those-affected-by-eating-disorders-tickets-526987151757>

**UNICEF and PEDAL:** Join the campaign asking for the UK Government to deliver a National Baby and Toddler Guarantee, because #EarlyMomentsMatter.

<https://www.unicef.org.uk/campaign-with-us/early-moments-matter/>

Access the toolkit to develop a deeper, shared understanding of mental health in infancy and early childhood, and the factors that influence it: <https://www.unicef.org.uk/campaign-with-us/early-moments-matter/early-childhood-mental-health-toolkit/>

### Member resources and activities for Mental Health Awareness Week

**Association of Colleges** will be running its annual Mental Health Conference on Wednesday and Thursday for college leaders and practitioners - <https://www.aoc.co.uk/events-training/events/aoc-mentalhealth-wconf>. AoC will also re-highlight the publication of the AoC MH Report 2023 - <https://d4hfzltwt4wv7.cloudfront.net/uploads/files/AoC-Mental-Health-Survey-Report-2023.pdf>

**Barnardo's** recently released a report about the cost of living crisis and the impact on various aspects including mental and physical health:

<https://www.barnardos.org.uk/crisis-on-our-doorstep-child-poverty-report>

**Bounce Forward** have created a resource pack for Mental Health Awareness Week. This pack is for schools and includes top tips for teachers to help and improve emotional wellbeing, and activities to use in the classroom with students.

<https://bounceforward.com/resources/>

**Netmums** has a dedicated space to support families with their child's mental health that is free, open 365 days of the year and staffed by trained professionals:

<https://www.netmums.com/coffeehouse/drop-clinic-984/child-mental-health-1029/>

**Our Time** have produced a briefing around parental mental illness, as well as a case study to highlight anxiety from a different perspective - that of a child living with a parent with anxiety.

<https://ourtime.org.uk/news/time-to-keep-the-child-in-mind/>

**Students Organising for Sustainability** are engaged with mental health campaigns as part of their work on sustainability and climate injustice:

<https://www.sos-uk.org/>

**Triple P** will be rolling out practitioner training in 75 Family Hub areas funded by DHSC/NHSE over the next 2 years - concentrating on 0 to 2 year olds. Triple P For Baby:

<https://resources.triplep.net/Course Summary Baby ENG-UK A4.pdf>

**If you have any further resources you would like to share with us, or any that need updating, please contact [Shizana.Arshad@cypmhc.org.uk](mailto:Shizana.Arshad@cypmhc.org.uk)**