



CYPMHC webinar on Children's Mental Health Week

Wednesday 26th January 2024

Resources shared during the webinar

Useful links from Place2Be for getting involved in Children's Mental Health Week:

- Take part in the week: <https://www.childrensmentalhealthweek.org.uk/take-part/>
- Stakeholder toolkit: <https://www.place2be.org.uk/media/13wjp3is/stakeholder-toolkit-en.pdf>
- Fundraising ideas and help: <https://www.childrensmentalhealthweek.org.uk/take-part/get-your-resource-pack/>
- Wins from 2023: <https://www.childrensmentalhealthweek.org.uk/news-and-blogs/2023/february/schools-and-communities-across-the-uk-connect-for-childrens-mental-health-week-2023/>
- Social media guide: <https://www.childrensmentalhealthweek.org.uk/take-part/social-media-resources/>
- Add yourselves to the map: <https://www.childrensmentalhealthweek.org.uk/map>
- Useful tips for families: <https://www.childrensmentalhealthweek.org.uk/families/>
- Feel free to get in touch directly with Angela Strachan, Policy and Public Affairs Manager, at policy@place2be.org.uk

Useful links from Now and Beyond:

- More info about Now and Beyond and access to free resources can be at www.nowandbeyond.org.uk.
- Email for any questions: hello@nowandbeyond.org.uk

Useful links from Empathy Week:

- Find out more about Empathy Week here: <https://www.empathy-week.com/>
- Download the schools information pack here: <https://www.empathy-week.com/schoolsinformation2024>
- Register for Empathy Week 2024 here: <https://www.empathy-week.com/register>
- You can contact Empathy Week at schools@empathy-week.com if you are at a school, and if you are at a charity or organisation you can contact Empathy week at contact@empathy-week.com

Useful links shared in the chat:

- **School and Public Health Association (SAPHNA):** Eating Disorders Toolkit, developed collaboratively with Hope Virgo. Version for school nurses and other professionals, and a version for education and other non-health staff.
[Free to download](#)
- **Nip in the Bud:** Nip in the Bud are releasing a short film - My Voice Matters - to hear from some of our young people sharing their thoughts. All resources on the Nip in the Bud website are free.
www.nipinthebud.org

- **Unravel:** A team of practitioners, who work with children, young people and families to support mental health and well-being, have two free resources on sleep and grief which you can access here <https://unravel-support.co.uk/services/unravel-resources/>
- **Southend on Sea City Council:** Our Youth Voice Champions have worked toward a Youth mental health and wellbeing event before the launch of Children's Mental Health Week, which you can find out more about here <https://www.livewellsouthend.com/events/event/56/youth-mental-health-and-wellbeing-event>
- **mdeducational foundation:** provides funding to schools to place a Wellbeing Lead into their post-16 settings, enabling educational settings across the UK and Ireland to kickstart their long-term wellbeing strategy and for 16-18-year-olds to receive the much-needed wellbeing support without delay. For CMHW, the Wellbeing Leads will host sessions for students to share valuable resources, relevant to the post-16 groups and mdeducational foundation will be sharing content on social media to showcase support for the week **@mdeducational**
- **Podium Analytics** will be sharing and supporting resources to help young people in sport and the people who look after them **@PodiumAnalytics**
- **London Youth** clare.macnamara@londonyouth.org flagged up **Children at the Table:** Ahead of an upcoming general election, the UK's five leading children's charities – Action for Children, Barnardo's, The Children's Society, the National Children's Bureau and NSPCC – have joined together. We want to make sure the next government has a plan to make decisions for babies, children and young people with children at the table. <https://childrenatthetable.org.uk/>