

Children's Mental Health Week 2023 - Toolkit for LLR partners

About Children's Mental Health Week

Children's Mental Health Week is a national awareness week, run by children's mental health charity, [Place2Be](#).

It will take place from **6-12 February 2023**. This year's theme is Let's Connect, which is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

Place2Be has created a number of [resources to help spread the word](#), including a [social media guide](#) and packs for [primary](#) and [secondary](#) schools.

What's happening in Leicester, Leicestershire and Rutland (LLR) during Children's Mental Health Week?

Emotional and mental health support for young people in LLR is available in many forms, however the support is varied depending on where you go to school and live.

To try and streamline what help is available – and when to access it, Leicestershire Partnership NHS Trust and the LLR Mental Health Collaborative have worked together with representatives from councils, education and health colleagues to put together a [new 'traffic-light' poster for young people](#).

The poster links off to a [webpage containing a summary of support available in the area](#) – as well as localised leaflets summarising area-specific support for those aged 11 upwards in Leicester, Leicestershire and Rutland.

We're asking partners to ensure this poster and new resources are widely available and to ensure schools and colleges, parents, carers and young people are aware.

For any questions on this toolkit, please email harriet.robinson9@nhs.net

Leicester, Leicestershire and Rutland
Health and Wellbeing Partnership

NHS

Hey, how are you feeling?...

There are lots of things you can do to keep yourself well and feeling good, like:

- Getting a good night's sleep
- Doing something you enjoy like playing games
- Spending time with friends and family
- Exercising and eating well to look after your body
- Learning a new skill or taking on a challenge
- Helping other people
- Spending time outside in nature

... I feel great! I am happy and healthy

It's normal to feel this way. We all experience lots of emotions and these can change over time.

Try some of the things in the box above and talk to someone about how you're feeling. This could be your friends, a parent or carer - or a teacher or adult at school.

... I'm okay, but I sometimes feel a bit worried or sad

If you're struggling, it's important to speak to someone. People want to help you. If you need it, you or your parents or carer can support you to get professional help. A good place to start is by talking to a mental health and wellbeing lead or trusted adult at school, or your GP.

You can also find free and safe support on these websites:

- Kooth: www.kooth.com
- Health for Teens: www.healthforteens.co.uk

... I am struggling and need some help

If you need to speak to someone urgently, you or a parent or carer can call the Mental Health Central Access Point on **0800 800 3302** or **NHS 111**. The lines are open 24/7.

If there is an immediate or life-threatening emergency, call 999 or attend A&E. People are there and ready to help you now.

... I am so upset or overwhelmed that I need help now

For more advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the QR code.

Internal copy

This week is Children's Mental Health Week (6-12 February 2023). To coincide with the awareness week, health, education and local authority partners in Leicester, Leicestershire and Rutland have come together to launch a new poster to help young people to understand how to look after their emotional wellbeing and where to go for help.

The new traffic-light-style poster, along with an online booklet aimed at teens in each locality, is being shared with secondary schools across the city, county and Rutland this week.

A wide range of mental health support is available for children and young people across Leicester, Leicestershire and Rutland (LLR) – but it can be difficult to know where to start if you're a young person who thinks they may need help, as the support isn't all provided by one organisation.

The poster helps to guide people to where they can get help if they need it and what they can do to support their wellbeing, depending on how they are feeling.

It also includes a QR code which links to the Leicestershire Partnership NHS Trust website, with a full list of support and resources available in the area:

www.leicspart.nhs.uk/mental-health/resources/conditions/young-people/

To download the poster visit <https://www.leicspart.nhs.uk/wp-content/uploads/2023/02/LLR-CYP-mental-health-design-poster-A3-FINAL.pdf> .

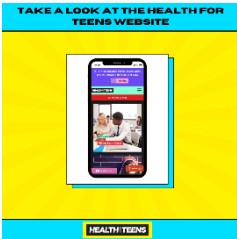
Please help to spread the word with your contacts.


Word count: 207




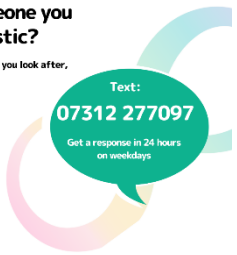
Suggested social media copy


Channel	Example message	Image
Facebook	<p>This #ChildrensMentalHealthWeek we're launching a new #MentalHealth traffic light poster for young people in Leicester, Leicestershire and Rutland</p> <p>How are you feeling? Use this graphic to get some tips on how to stay healthy or where you can go if you need some support for your mental wellbeing in #Leicester, #Leicestershire and #Rutland #TeenMentalHealth #ChildrensMentalHealthWeek</p>	
Twitter	<p>This #ChildrensMentalHealthWeek we're launching a new #MentalHealth traffic light poster for young people in #Leicester, #Leicestershire and #Rutland</p> <p>How are you feeling? Use this graphic to see how to stay healthy or where you can go if you need some support for your mental wellbeing #TeenMentalHealth #ChildrensMentalHealthWeek</p>	
Instagram	<p>This #ChildrensMentalHealthWeek we're launching a new #MentalHealth traffic light poster for young people in #Leicester, #Leicestershire and #Rutland</p> <p>How are you feeling? Use this graphic to get some tips on how to stay healthy or where you can go if you need some support for your mental wellbeing in #Leicester, #Leicestershire and #Rutland</p> <p>#TeenMentalHealth #ChildrensMentalHealthWeek</p>	

Other information to share during the week

Service	Example post	Image
<p>Health for Teens</p> <p>www.healthforteens.co.uk/</p>	<p>Want some advice about feelings and emotions? Check out @HealthForTeens1 website for information and advice on everything from anxiety, to low mood and resilience.</p> <p>➔ www.healthforteens.co.uk/</p> <p>#TeenMentalHealth</p>	
	<p>Want to understand how you can manage your feelings about exam stress? Check out this new video from @HealthForTeens1</p> <p>👉 www.healthforteens.co.uk/feelings/exam-stress/video-exam-stress/</p>	
	<p>How you feel about yourself and your body matters, and this is all linked to your body image and self-esteem. Check out this new video from @HealthForTeens1 to find out more</p> <p>👉 www.healthforteens.co.uk/feelings/body-image/video-body-image/</p>	

<p>Health for Kids</p> <p>www.healthforkids.co.uk/</p> <p>www.healthforkids.co.uk/feelings/</p>	<p>Want to help your child to learn more about feelings in a kid-friendly way? Then, check out the Health For Kids website.</p> <p>👉 www.healthforkids.co.uk/</p> <p>They also have advice especially for grown-ups too!</p> <p>#ChildrensMentalHealthWeek</p> <p>. @HealthforKids1 have developed a new, short video that helps to explain to children what body image and self-esteem is and how to feel better. View it here 👉 www.healthforkids.co.uk/feelings/body-image/</p>	
<p>ChatHealth</p>	<p>Did you know that you can text a public health nurse using ChatHealth? 📱</p> <p>You can ask for advice on anything from child development and emotional health to parenting concerns.</p> <p>The service is available to all parents and carers of children aged 0-19 years and young people in Leicester / parents and carers of children aged 0-11 years in Leicestershire and Rutland.</p> <p>To start a conversation text:</p> <p>07520 615381 for Leicester City 07520 615382 for Leicestershire and Rutland</p>	

	<p>The service operates Monday to Friday between 9am and 5pm, excluding bank holidays. All texts will be responded to within 24 hours.</p>	
<p>MHSTs (participating schools only)</p> <p>www.healthforteens.co.uk/mhstleics</p> <p>www.healthforkids.co.uk/mhstleics</p>	<p>Our school is supported by a Mental Health Support Team (MHST).</p> <p>The team offers support to children and young people who are experience mild to moderate issues with their mental health, like low mood or worry.</p> <p>They also help our school to have a whole school approach to mental health.</p> <p>Watch this video to find out more </p> <p>https://youtu.be/9rBmYzGf30o (teen link for secondary schools)</p> <p>https://youtu.be/q-3n5ZyZcjQ (link for primary schools)</p>	
<p>Chat Autism</p>	<p>ChatAutism is a new text message-based support service for people with autism of all ages. Have a question or need some support? Text ChatAutism on 07312 277097.</p> 	 <p>Are you, or someone you look after, autistic?</p> <p>Or do you think you, or someone you look after, could be autistic?</p> <p>You can chat with someone from our Specialist Autism Team about:</p> <ul style="list-style-type: none"> • Emotional wellbeing • Healthy lifestyle • Healthy relationships • Drugs, alcohol and smoking • Understanding autism • Signposting to advice and support • Assessment and diagnosis advice. <p>This service is open to all ages</p> 

<p>Support for parents</p> <p>You could replace the link with:</p> <p>www.nhs.uk/every-mind-matters/ www.nhs.uk/nhs-services/mental-health-services/ www.mind.org.uk/</p>	<p>Caring for a child or young person can be tough. It's important to make sure to look after your own wellbeing, as this will help you support yourself and those you care about. </p> <p>Visit www.leicspart.nhs.uk/mental-health/ for more on support available in Leicester, Leicestershire and Rutland</p>	
<p>Local support in your locality</p>	<p>For example:</p> <ul style="list-style-type: none"> • Leicester - The Social and Emotional Mental Health (SEMH) Team • Leicestershire – Teen Health 11-19: www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19 • Rutland – Teen Health Service: www.rutland.gov.uk/children-young-people-families/services-young-people/teen-health-service 	