

Mental Health Lead Network

25th February 2025

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On this sheep-scale, how do you feel today?



1

Children's Mental Health Week was 3rd to 9th Feb – Does anyone have anything to share?

[Children's Mental Health Week 2025: toolkit of resources : Mentally Healthy Schools](#)

[Talking Mental Health: Animation & Teacher Toolkit | Anna Freud](#) 6 minute clip explaining benefits of talking to someone you can trust to share worries.

https://downloads.ctfassets.net/05mxbime1kjo/2wXTIhKYyEflH274Zijnlr/1fce70bf74e26e7dc374d9ea8a63da1b/You-re_never_too_young_-_teaching_resources.zip for lots of accompanying resources.

3

[mh-wellbeing-schools-calendar-spring-term-2025.pdf](#)

Summarising key themed days for this term and associated resource links.

Signposting, news and updates

2

I'm pleased to invite you to our upcoming **KoothTalks mental health** training webinar in March on **the role of Kooth and Qwell in the care pathway for people who self harm**.

This **FREE**, 30 minute session is designed for **healthcare and local service professionals** and will take place on **3rd and 5th March for Healthcare professionals** and **4th and 6th March for Local Organisations, 4:00- 4:30pm**. The session is repeated so you only need to attend one.

How to sign up

For Clinical and Healthcare professionals see [here](#)

For Local Organisations / VCSE see [here](#)

Once signed up, you'll receive the joining link and further information the day before the session. Feel free to share this with your colleagues or anyone else who might be interested.

We would like to invite you to join us as we share findings from our latest report, including some insights from our current survey in local schools and colleges.

4

This online event offers a unique opportunity to collaborate with professionals from various sectors, share insights, and explore ways to maximise the impact of MHoF data in improving mental health support for young people.

This session will take place online on **Wednesday 23rd April 2025**, from **11:00am to 12:30pm**. If you are interested in attending, please register your interest via www.healthwatchesuffolk.co.uk/mhofonline.

You will hear from key speakers who have successfully used MHoF insights to create positive changes, and you will have the chance to contribute your expertise in facilitated breakout discussions that will help shape the future direction of the programme – and more!

Our session is open to anyone with a direct interest in supporting the health and wellbeing of young people in Suffolk. For further details about the *My Health, Our Future* programme and its impact, please visit www.healthwatchesuffolk.co.uk/mhof.

[Children & Young People | Action for Happiness](#)

Page of links to range of ideas and resources to promote MH and WB – many of which are purchasable but some of which are free. [Mindful March | Action for Happiness](#) example of calendar that is postable on the staffroom notice board.

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Signposting, news and updates - continued

[Educators / Teachers](#) link to a series of ACAMH podcasts on MH and education – some 10 minutes and some over an hour – whole range of topics from staff MH to trauma informed approaches from bullying to the support of children in care etc.

6

Want to better support your students' wellbeing?

7

[Check out all our courses](#)

Courses to enhance your mental health knowledge

Whatever your needs or experience level, our range of training for schools and colleges will help you feel confident supporting students' wellbeing. **Courses include:**

[Digital resilience >](#)

[Staff wellbeing >](#)

[Autism and wellbeing >](#)

[Self-harm >](#)



Pupils

The types of challenges I think they're facing...

1. The types of MH challenges I think pupils are facing are...



2. The things that seem to worry pupils the most about MH or that relate to MH are...



Comparing themselves to others - appearance, experiences, situations, achievements etc.

Friendship issues and home issues - cost of living, parental separation, parental contact disputes etc

It seems that children are more aware of what is going on and parents are sharing more information with their children

For primary school children knowing too much details of family life

Pupils

What I have found to be helpful is / What seems to have worked well is

1. Things I have found helpful for pupil MH are...

open communication Thrive approach wellbeing
 child voicewaiting list school chaplain
 safe space **school** group of staff
 Safety Plans time/space Milo and Hamish MHST
 4YP nurture groupwork Anxious generation
 zones of regulations

We're loving Hamish & Milo!



We're just looking at running the parent part of H&M too, because we think it will be really beneficial to give parents tools to use at home.



having time and space and for someone to listen

Staff

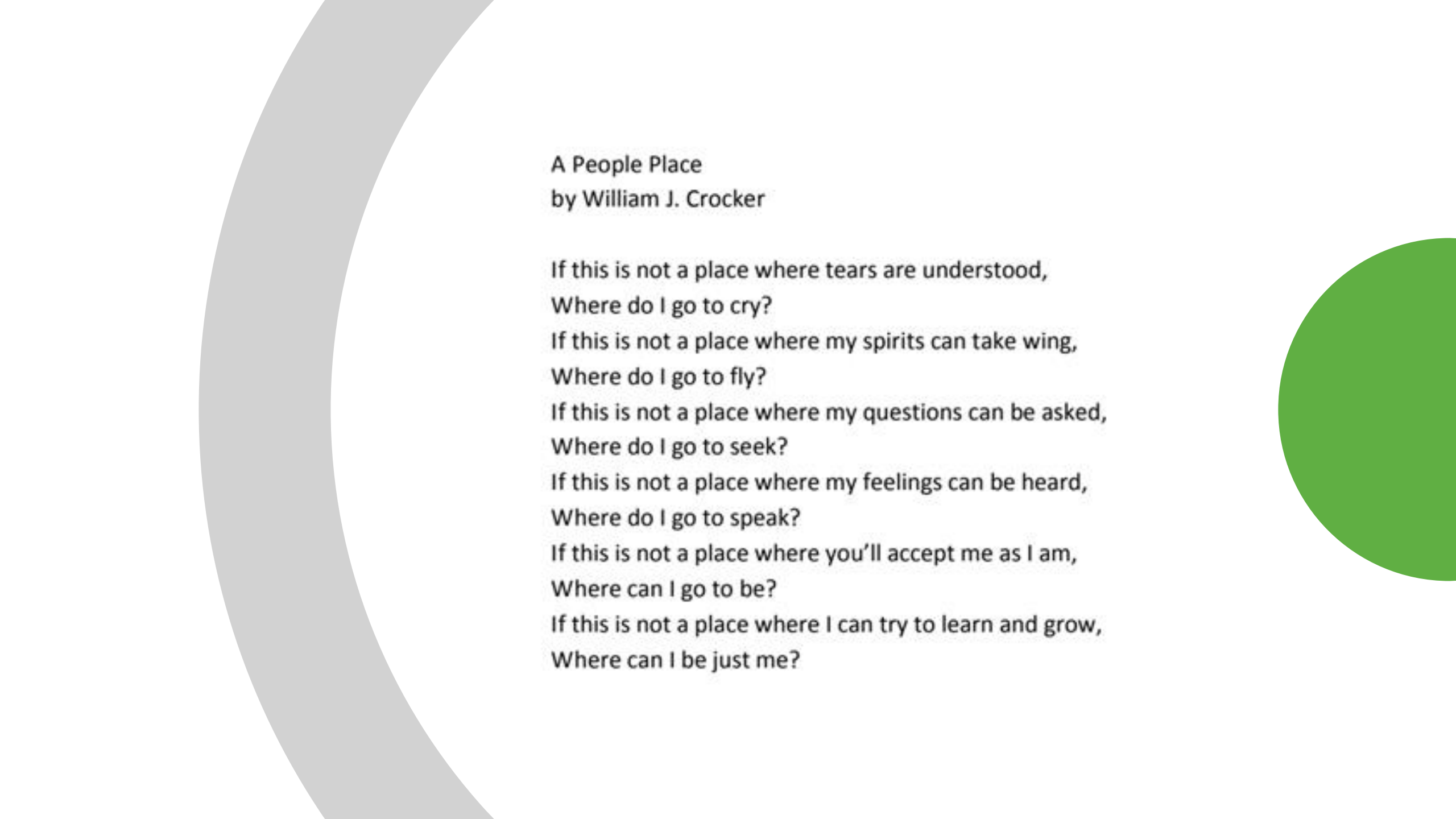
2. Things I have found helpful for staff MH are...

space in the staffroom
 bereavement support Time/space
 significant dates **cake support** staff/Key
 staff are not **Anna Freud** sessions with OM
 Freud materials Key Stages
 Freud resources **sessions staff** work place
 checking in with colleagues supervision sessions
 recognition of their feelings social opportunities

<https://www.omhwc.org.uk/>

OM Wellbeing. A service that we pay into - they are ex school nurses.

<https://www.parentsandcarerstogether.co.uk/> - recommendation to find out more about the support they offer



A People Place
by William J. Crocker

If this is not a place where tears are understood,
Where do I go to cry?
If this is not a place where my spirits can take wing,
Where do I go to fly?
If this is not a place where my questions can be asked,
Where do I go to seek?
If this is not a place where my feelings can be heard,
Where do I go to speak?
If this is not a place where you'll accept me as I am,
Where can I go to be?
If this is not a place where I can try to learn and grow,
Where can I be just me?

The poll idea was really useful and good to see that other colleagues are experiencing similar issues.
Thank you



Suggestions, Reflections and Questions?

Helpful to hear about resources I may not have come across before

It would be really helpful to have a forum to go to and ask questions on topics/resources in a more central space

Always welcome face-to-face - thinking of connection!

