



CHILDREN'S MENTAL HEALTH WEEK 2024

INFORMATION AND SUPPORT FOR
YOUNG PEOPLE, FAMILIES AND PROFESSIONALS

5TH-11TH FEBRUARY

PUBLIC HEALTH NORTH LINCOLNSHIRE

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

5-11
FEB
2024

North
Lincolnshire
Council

CHILDREN'S MENTAL HEALTH WEEK 2024

Children's Mental Health Week 2024 will take place from 5-11 February 2024. This year's theme is "My Voice Matters".

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

The children's mental health charity, Place2Be, set up Children's Mental Health Week to highlight the importance of mental health for children and young people.

During Children's Mental Health Week, children and young people, whoever they are, and wherever they are in the world are encouraged to be able to say - and believe - "My Voice Matters".

We all have mental health and the majority of people will experience some form of mental health issue throughout their lives. In fact, up to 1 in 4 of us will experience mental health problems at some point in our lifetime.

During this week we can take some time to focus on mental health and talk about these important topics. We can encourage children to think about how they can best look after their own mental health and encourage parents, carers and teachers to reflect on their role in supporting children with their mental health.

Run by the charity Place2Be, the website www.childrensmentalhealthweek.org.uk contains a range of free resources. This includes a section for parents and carers containing stories and tips for both adults and children.

We have a number of services that support Young people with Mental Health & Emotional Wellbeing locally and nationally collated in this handy children and young people's guide.





LOCAL SUPPORT

**LOCAL
SUPPORT**

North Lincolnshire Council

NORTH LINCOLNSHIRE CHILDREN AND FAMILY OFFER

In North Lincolnshire the council and its partners have a shared ambition – that children thrive in their families, achieve in school, and feel part of their communities.

<https://www.northlincs.gov.uk/people-health-and-care/children-and-family-offer/>



YOUNG PEOPLE'S MENTAL HEALTH

Thousands of young people deal with mental health problems every day and it's important to know where to find the resources to help them. This page is for young people who are struggling and want help, but are not sure where to find it.

<https://www.northlincs.gov.uk/people-health-and-care/young-peoples-mental-health/>



Wellbeing support for parents and carers

Read more ...



I am a child or young person



I am a parent or carer

NORTH LINCOLNSHIRE SPECIAL EDUCATIONAL NEEDS AND DISABILITY OFFER

<https://localoffer.northlincs.gov.uk/>



NORTH LINCOLNSHIRE MIND

SAFESPACE (FORMERLY CALLED HAVEN)

If you are struggling and need support, call us any evening, including weekends and bank holidays, on our late night support line from 4 pm until midnight on 01724 279 500

If we don't answer, please leave a message and one of the trained staff members will call you back as soon as possible.

Trained support workers can support anyone aged 16 years and over to manage thoughts of self-harm, low mood, and anxiety.

You are not alone - we're here for you



**We are here
for you!**

 mind North Lincolnshire

<https://www.nlmind.org/safespace>

NORTH LINCOLNSHIRE CHILD AND ADOLESCENT MENTAL HEALTH SERVICE

CAMHS

(CAMHS) provides mental health assessments, therapy and interventions for children and young people up to the age of 18 years. Also to their families or identified carers when children and young people experiencing emotional or mental health difficulties.

Service available Monday to Friday – 9am to 5pm
Tel: 01724 408460 (except Bank holidays)

Requests for support and advice can be taken in the following ways:

From young people themselves:

Via telephone call: (*Parental consent needed if under 14)

The 'Getting Advice,' page outlines how you can be referred / triaged for support to the varying services and therapies the team offer. Getting advice - CAMHS (rdash.nhs.uk)

E-Clinic:

You can book an appointment to chat to a trained CAMHS worker online by downloading the app.

There is also an app for parent, carers' and guardian support.

You can download the app : [North Lincolnshire eClinic - CAMHS \(rdash.nhs.uk\)](http://North Lincolnshire eClinic - CAMHS (rdash.nhs.uk))

Professionals can also refer to this service via an on-line referral form: [North Lincolnshire CAMHS online referral form - CAMHS \(rdash.nhs.uk\)](http://North Lincolnshire CAMHS online referral form - CAMHS (rdash.nhs.uk))



CHANGING LIVES THROUGH CHANGING MINDS



Changing
Lives through
Changing
Minds

This project provides opportunities for children and young people to experience changes in their approach to life and society that will bring a new beginning and forward journey for them.

They offer a safe and welcoming place where children and young people can grow and learn, giving them understanding and confidence that will equip them for their new pathway in life in North Lincolnshire

Changing Lives through Changing Minds is a unique project that provides opportunities for children and young people to experience changes in their approach to life and society that will bring a new beginning and forward journey for them.

- We offer a safe and welcoming place where children and young people can grow and learn, giving them understanding and confidence that will equip them for a [their] new pathway in life.
- Our team provide a safe, professional yet relaxed environment that embraces the individual's uniqueness.
- We listen to our young people and work to develop a relationship with them built on trust and acceptance, using this to encourage, support and empower them to progress on their chosen path.
- Our relationships are built on the values of trustworthiness, collaboration and mutuality, we aim to support the recognition of purpose, well being and stability for the young people involved.

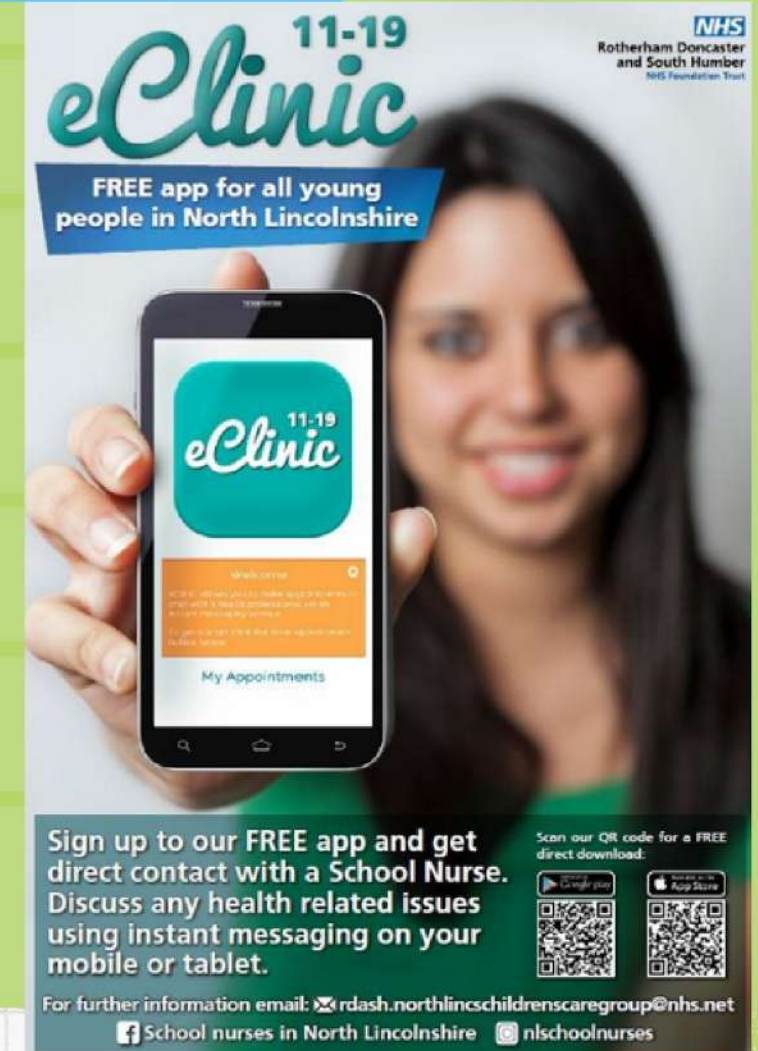
Tel: 01724 487337

ROTHERHAM, DONCASTER AND SOUTH HUMBER NHS FOUNDATION TRUST (RDASH)

NORTH LINCOLNSHIRE 0-19 HEALTH AND WELLBEING SERVICE

The service is available 9-5pm Monday- Friday and can be accessed through a variety of methods.

- Referral basis for professionals
- Parents/carers/guardians can refer via our Single Point of Contact on 0800 0199 951, Parent Plus application or via social media page.
- Children and Young people aged 11-19 can refer to the eClinic application or via our drop-in service
- eClinic is available every Tuesday and Thursday 3-5pm for children and young people aged 11-19 within term time and in school holidays every day.
- Parent Plus is available every Wednesday 2.30-5.30pm



11-19
eClinic

Rotherham Doncaster and South Humber
NHS Foundation Trust

FREE app for all young people in North Lincolnshire

Sign up to our **FREE app and get direct contact with a School Nurse.** Discuss any health related issues using instant messaging on your mobile or tablet.

Scan our QR code for a **FREE** direct download.

For further information email: rdash.northlincschildrenscaregroup@nhs.net
f School nurses in North Lincolnshire nlschoolnurses

ROTHERHAM, DONCASTER AND SOUTH HUMBER NHS FOUNDATION TRUST (RDASH) CONTINUED

NORTH LINCOLNSHIRE 0-19 HEALTH AND WELLBEING SERVICE

Within North Lincolnshire each secondary school has a provision of a School Nurse Drop-in Service on a two-weekly basis. This is within each individual school lunch break.

Examples of advice/support the team can offer but not limited to are:

- Emotional and mental wellbeing
- Sexual health and contraception advice/guidance
- Smoking, alcohol, and drug misuse.
- Bullying
- Healthy eating, physical activity, or weight management
- Night-time wetting (enuresis)
- Dental health
- Accident prevention

Visit:

<https://www.facebook.com/SchoolNursesNLincs/>

<https://www.instagram.com/nlschoolnurses/>



School Nurse 5-19 (25 SEND) Parents/Carers App

NHS
Rotherham Doncaster
and South Humber
NHS Foundation Trust

PARENT PLUS
eClinic

FREE app for all North Lincs
parents/carers of children
and young people aged 5-19. Get
direct contact with your Health and
Wellbeing Service and discuss any
health related issues using instant
messaging on your mobile or tablet.

NORTH LINCOLNSHIRE

WITH ME IN MIND

Schools in North Lincolnshire are able to access support for mental health through the North Lincolnshire - With Me In Mind service. Information is available for children and young people, parents and carers, and professionals.

<https://withmeinmind.co.uk/north-lincolnshire/>

Our service focuses on early prevention and intervention; ensuring children and young people, their families/ carers are able to access appropriate support to improve and maintain positive emotional wellbeing, to expand and widen positive self-esteem and to increase their self-efficacy in order to create resilience. We are working in collaboration with schools/education settings /external agencies in order to enhance and improve relationships. We hope that this will support educational settings to develop a whole school approach to emotional health and wellbeing ensuring that positive mental health is recognised as everyone's business and all pupils/adults can access an environment that develops strengths and coping skills that underpin resilience.



THERAPUTIC INTERVENTIONS FOR YOUNG PEOPLE

(HEY MIND)

Funded by Violence Prevention Partnership,

East Yorkshire Mind, North East Lincolnshire Mind and North Lincolnshire Mind are working together to deliver therapeutic services for young people aged 10-18. Throughout the duration of this contract, the organisations are working with all Youth Justice teams across the Humber area to ensure that young people coming into contact with criminal activity, in particular those of a violent nature, get early intervention support and help form a team of specialist therapists. Therapists will deliver a range of interventions and work collaboratively with the young person to create a trauma-informed plan.

This will be coming soon in North Lincolnshire - More information on this programme can be found here: <https://humbervpp.org/projects/therapeutic-interventions-for-young-people-hey-mind>

Further details:

E-mail: therapyservices@hey-mind.org.uk

Tel: 01482 240200



RUBIKS

INCLUSIVE COUNSELLING AND INTERVENTIONS

The service works with young people with a range of complex mental health issues and experiences. These include bereavement, many forms of anxiety, depression, self-harm, suicide (thoughts and survivors), domestic abuse (witnesses and personal experiences), exploitation, coercion, county lines, bullying, healthy mindsets, sexual abuse, family dynamics, and many more. We have specially trained counsellors to provide play, animal and art therapy to young people, as well as facilitating group and individual therapy.

In addition, we have a dedicated neurodiversity counsellor, who facilitates the peer support group 'The Islanders', working with individuals on the ASD and ADHD spectrum, providing individual supported graded exposure to real life skills and situations. We also hold weekly inclusive group sessions:

Mental Health Drop in sessions – every Tuesdays 6 - 8PM at The Green Tree, 33 High Street, Messingham, DN17 3RX. Open to all, AGED 14+. Just turn up and ask for Jodie / Sarah!

Football sessions – every Tuesday 5:30-6:30PM at Premier Pitch, Kettering Road, Scunthorpe, DN16 1UW. Open to all abilities / fitness levels, AGED 12+. £4 per session - Just turn up in trainers or astro footwear and ask for Brogan / Andy! (Under 16s must be accompanied by an adult (tea / coffee making facilities are available).

Boxing sessions – every Wednesday 5-6PM at Redbourn Club, Cemetery Road, Scunthorpe, DN16 1NU. Open to all abilities / fitness levels, AGED 8+. £5 per session - Just turn up in trainers / sportswear and ask for Zoe!

For individual or group therapy please contact the team: Email:

prevention.referrals@outlook.com

Tel:

07735 056397 / 07539 349647

Website:

<https://rubiks-counselling.co.uk>

Postal Address:

4-6 Robert Street, Scunthorpe, DN15 6NG

Charges apply.



DELTA SERVICE

DRUG AND ALCOHOL SERVICE

DELTA young people's Drug and Alcohol Service provides information, advice and support to young people who are using drugs and/or alcohol. DELTA will not tell you what to do. However, we will make sure you are fully aware of the risks and dangers of drug and alcohol use, and encourage you to keep safe. The service can help you to cut down or stop using drugs. You can self-refer into DELTA, however depending on your age we may need permission for your parent and/or carer.

DELTA Young Peoples Substance Misuse
Ironstone Centre
West Street
Scunthorpe
DN15 6HX
Telephone contact 01724-298528

Alternatively, you can contact - talktoFrank.com

FRANK

LIFE CENTRAL

WEBSITE AND APP

The website, www.life-central.org and accompanying app provide children and young people with a range of information and support including eating well, bullying, exam stress, sexual health and internet safety.

Not only is the website for children and young people, it provides targeted information and support for parents and carers, and professionals.

More information can be found at [Life Central - North Lincolnshire \(life-central.org\)](http://Life Central - North Lincolnshire (life-central.org))

The app is available to download for both iPhone and android - <https://www.life-central.org/>



BEREAVEMENT SUPPORT

NORTH LINCOLNSHIRE

You might want to talk to someone at your school or college. Every school in North Lincolnshire has a Special Educational Needs Coordinator, a Mental Health Champion, staff who give pastoral support, and access to an Educational Psychologist, OR if you are in a secondary school - a counsellor from the Youth Information and Counselling Unit (YICU), who support young people who have been bereaved.

You can contact them on: Educational Psychology:
nledpsychology@northlincs.gov.uk

Youth Information and Counselling Unit (YICU):
projects@northlincs.gov.uk OR Tel: 01724 296679

Single Point of Access for Bereavement Support:
bereavementsupport@northlincs.gov.uk

JEN'S SPECIAL PLACE

BEREAVEMENT SUPPORT

Bereavement support group for young people aged 2-17yrs and their families. Run monthly social evenings as well as organise trips and wellbeing workshops for young people. Also provide emotional support to parents.

Free Service

Tel: 07856 603301
enquiries@jensspecialplace.co.uk



NORTH LINCOLNSHIRE YOUTH COUNCIL AND YOUNG VOICE

“YOUR VOICE MATTERS”

North Lincolnshire Youth Council and Young Voice. The Youth Council empowers young people to have a say and make a difference. The North Lincolnshire Youth Council provides a forum for young people to have their say on things that matter to them. It represents their views to the people who make decisions and to the wider community.

If you are aged between 11 to 19 (up to 25 with special educational needs and disabilities) you can join the Youth Council and promote the views of young people.

Find out more by visiting: <https://www.northlincs.gov.uk/people-health-and-care/youth-council/>

For more information, please contact: young.voice@northlincs.gov.uk





NATIONAL SUPPORT

CHILDLINE

Childline is a trusted source of support especially as its free, confidential and available 24/7 online and on phone. Children and Young People across Humber and North Yorkshire can access support from ChildLine on anything. To learn more visit:
<https://www.childline.org.uk/>

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

BUZZ US

BUZZ US, a confidential text messaging service for young people aged 11-18. Young people can text 07520 631168. A wellbeing worker is on duty Monday-Thursday 9am-5pm and Friday 9-4.30pm (excluding bank holidays).
More information is available at:
<https://www.compass-uk.org/buzz-us/>



CHILYPEP

Chilypep (the Children and Young People's Empowerment Project) is a charity dedicated to raising the voice of children and young people, giving them the platform to shape their world and stay connected. We work with all young people in Sheffield, Barnsley, South Yorkshire and Beyond.
Chilypep also provide a range of resources on their website, including advice and support for children and young people bereaved by suicide
<https://chilypep.org.uk/>



R;PPLE

R;pple provides hope and encouragement to keep safe at your most vulnerable point. If you are worried about someone in your household looking up harmful materials online e.g., methods of self-harm - you can download the free R;pple tool which will redirect away from harmful online searches to offer the right support.
Visit: www.ripplesuicideprevention.co.uk



PAPYRUS

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Papyrus: Children, young people, professionals, carers and parents

HopelineUK: 24 7 [HOPELINE247](https://www.hopeline247.org) | [Papyrus UK](https://www.papyrus-uk.org) | [Suicide Prevention Charity \(papyrus-uk.org\)](https://www.papyrus-uk.org)

[0800 068 4141](https://www.papyrus-uk.org)



YOUNG MINDS

Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help: children, young people, professionals, carers and parents

Shout: all young people

www.youngminds.org.uk

Text YM to 85258

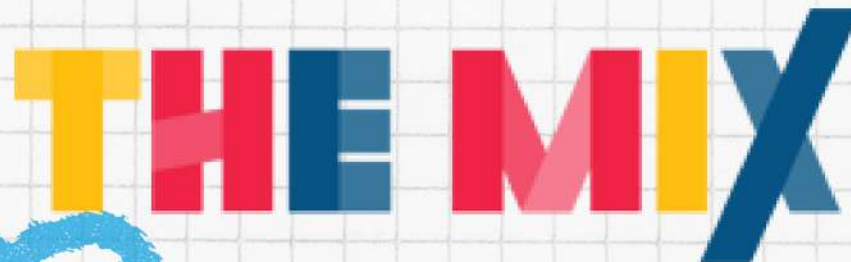


THE MIX

The Mix is the UK's leading digital charity for under 25s, reaching over 6 million young people each year. Whatever issue a young person is facing, The Mix is always there for them - via our website, over the phone or via social media. Our support is free, confidential and anonymous and can be accessed wherever young people are.

We connect young people to experts and their peers to talk about everything from money to mental health, homelessness to jobs, break-ups to drugs and more. No topic is out of bounds, and we are completely non-judgemental.

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



SANELINE

SANEline offers a range of emotional support for children, young people, parent, carers and professionals with the aim of combatting the stigma attached to mental illness.

SANEline helpline: 0300 304 7000 from 4pm to 10pm

Email support: support@sane.org.uk - They aim to respond within 72 hours

Support can be received via text message for those aged 16+ visit: <https://www.sane.org.uk/how-we-help/emotional-support/textcare>

SEED

SEED (support and empathy for people with eating disorders) is a voluntary organisation comprising a group of ordinary people with first-hand experience of eating disorders. Who make a difference to those whose lives are blighted by this devastating illness.

Visit: <https://seed.charity/>



CALM HARM APP

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors; the app supports you in building a 'safety net' of helpful thoughts, behaviours, and access to supportive people, as well as providing the opportunity to journal and self-reflect. The Calm Harm app also signposts to help. Download the app from wherever you get your apps or for more information visit: <https://calmharm.co.uk/>



BEAT EATING DISORDERS

Our national helpline exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone 365 days a year. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery. We also support family and friends, equipping them with essential skills and advice.

Visit: <https://www.beateatingdisorders.org.uk/>



CHILD BEREAVEMENT UK:
WWW.CHILDBEREAVEMENTUK.ORG
LOTS OF SUPPORT, AN APP, HELPLINE:
0800 02 888 40
LIVE CHAT: 9AM TO 5PM MON TO FRI

HOPE AGAIN:
WWW.HOPEAGAIN.ORG.UK
(YOUTH WEBSITE OF CRUSE).
TEL: 0808 808 1677.

WINSTON'S WISH:
ONLINE CHAT.
WWW.WINSTONSWISH.ORG
FREE NATIONAL HELPLINE,
TEL: 08088 020 021

SANDS
0808 164 3332

GRIEF ENCOUNTER
WWW.GRIEFENCOUNTER.ORG.UK
OR
TEL 0808 802 0111

BLISS
0808 801 0322

**BEREAVEMENT
SUPPORT
FOR CHILDREN AND
YOUNG PEOPLE**

THE LULLABY TRUST
0808 802 6868

THE GOOD GRIEF TRUST
HELLO@THEGOODGRIEFTRUST.ORG



WORKSHOPS AND TRAINING OPPORTUNITIES

CHILDREN AND YOUNG PEOPLE'S TRAUMA INFORMED CARE

PROGRAMME TRAINING

Provided by the Humber and North Yorkshire Care partnership this training aims:

- To guide in how to address developmental trauma in children and young people.
- Build on thoughtful practices that are already part of an organisation
- Explore the principles of the ARC Framework.
- Define complex trauma and identify at least 3 consequences of early complex trauma exposure.
- Define Trauma-informed Practice
- Support in giving you the tools to intervene in Children's & Young People's lives in a meaningful way to address their need for; a sense of safety, skills to regulate their emotions/physical experience.
- Support to help you identify gaps in competencies needed for healthy development.

Target Audience:

A more in depth training session for all staff who have direct or regular contact with Children and Young People who may be affected by trauma. This level of training will support those working on a daily basis with Children and Young People

**THREE DATES AVAILABLE TO ATTEND
SEE THE NEXT PAGE FOR DETAILS**



Humber and North Yorkshire
Health and Care Partnership

CHILDREN AND YOUNG PEOPLE'S TRAUMA INFORMED CARE

PROGRAMME TRAINING



Humber and North Yorkshire
Health and Care Partnership

Date and time:

Wed, 21 February 2024
09:00 - 16:00

Venue:

Fenestra Conference Centre
24 High Street,
Flixborough,
DN15 8RL

SCAN ME



Click [here](#) to book
or scan QR code

Date and time:

Wed, 13 March 2024
09:00 - 16:00

Venue:

Fenestra Conference Centre
24 High Street,
Flixborough,
DN15 8RL

SCAN ME



Click [here](#) to book
or scan QR code

Date and time:

Thu, 11 April 2024
09:00 - 16:00

Venue:

Fenestra Conference Centre
24 High Street,
Flixborough,
DN15 8RL


SCAN ME



Click [here](#) to book
or scan QR code



**WITH
ME
MiND**



look

VIRTUAL

FREE

**WITH
ME
MiND** 

PARENT WORKSHOPS

With Me in Mind are delivering workshops on a variety of subjects to support your child, these workshops are aimed at parents with primary aged children.

Understanding Self-Harm Tuesday 23rd January

Do you have concerns surrounding your child's self-harm? Would you like some strategies on how to support your child with this? This workshop will explore the signs of self-harm and how you can support your child with safer ways to cope and communicate what is going on for them.

Supporting Body Positivity and Disordered Eating Tuesday 20th February

Join With Me in Mind and the Community Eating Disorder Service to learn how a negative body image and diet can impact on emotional wellbeing. We will look at the impact social media has on our children's body image, discuss spotting the signs of a negative body image and disordered eating. We will also explore ways you can support your child through sharing helpful strategies and signposting for further support.

Sleep Well Workshop Tuesday 19th March

Is your child experiencing difficulties with their sleep? Do you want strategies to help improve your child's sleep? Sleep is very individual and can be challenging for some young people. Join With Me in Mind North Lincolnshire to discuss the importance and impact of sleep, what the sleep cycle is and to find out practical tips around improving their sleep routine.



SCAN HERE



**WITH
ME
MiND**



look

IN-PERSON **WITH ME MIND** PARENT WORKSHOP



NHS

FREE

With Me in Mind are delivering workshops on a variety of subjects to support your child, these workshops are aimed at parents with primary aged children.

Supporting Body Positivity

Is your child worried about how they look? Do they often make negative comments about how they look?

This workshop will explore how a negative body image can impact on emotional wellbeing, the impact social media has on our children's body image and spotting the signs of a negative body image and disordered eating.

BRIGG

Monday 19th February
9:30am to 11am

The Angel Community Hub
Brigg Rd, Brigg DN20 8LD



SCUNTHORPE

Tuesday 20th February
9:30am to 11am

Scunthorpe Central
Carlton St, Scunthorpe DN15 6TX

SCAN HERE

WINTERTON

Tuesday 20th February
9:30am to 11am

Winterton Community Hub
21 West St, Winterton, DN15 9QG

CROWLE

Tuesday 20th February
9:30am to 11am

Crowle Community Hub
Market Place, Crowle, DN17 4LA

BARTON

Tuesday 20th February
9:30am to 11am

Baysgarth Community Hub
Brigg Rd, Barton-upon-Humber
DN18 5DT



**WITH
ME
MiND**



look

IN-PERSON **WITH ME MiND** PARENT WORKSHOP



NHS

FREE

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Sleep Well Workshop

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Join With Me in Mind North Lincolnshire to discuss the importance and impact of sleep, what the sleep cycle is and to find out practical tips around improving their sleep routine.

BRIGG

Monday 18th March
9:30am to 11am

The Angel Community Hub
Brigg Rd, Brigg DN20 8LD



SCUNTHORPE

Tuesday 19th March
9:30am to 11am

Scunthorpe Central
Carlton St, Scunthorpe DN15
6TX

SCAN HERE

WINTERTON

Tuesday 19th March
9:30am to 11am

Winterton Community Hub
21 West St, Winterton, DN15 9QG

CROWLE

Tuesday 19th March
9:30am to 11am

Crowle Community Hub
Market Place, Crowle, DN17 4LA

BARTON

Tuesday 19th March
9:30am to 11am

Baysgarth Community Hub
Brigg Rd, Barton-upon-Humber
DN18 5DT



WELLBEING WEDNESDAY

Wednesday 14th February
11am to 2pm

Scunthorpe Central
Carlton Street, Scunthorpe
DN15 6TX

Join us at Scunthorpe Central for a family friendly Wellbeing event.

We will be delivering a number of wellbeing activities for children of all ages to enjoy.

FREE



NORTH LINCOLNSHIRE COUNCIL ADULT EDUCATION AND COMMUNITY LEARNING TRAINING OPPORTUNITIES

**North
Lincolnshire
Council**

ADULT EDUCATION
& COMMUNITY
LEARNING

UNDERSTANDING TWEENAGERS

WORKSHOP

Workshops are suitable for parents and professionals of children aged between 10 - 16 years old and will be held on:

- 27th February at Crowle Community Hub (1pm - 3pm)
- 19th March delivered virtual via MS Teams (6pm - 8pm)

Come and join us for a FREE two-hour workshop on adolescent brain development. The workshop aims to provide an understanding of how the brain changes during adolescence and to explain some of the changes in behaviours that are commonly presented during this life stage.

The workshop will cover:

- Brain development in teenagers
- Behaviour changes and risk taking
- Hormones and emotions
- Teenagers and reading faces
- Teenagers and sleep
- Social changes

YOUTH MENTAL HEALTH AWARE

WORKSHOP

This workshop is suitable for anyone who works with, lives with, or supports children and young people aged 8-18 years old and will be held on:

- 29th February at Brigg Community Hub -The Angel Suite (9.30am - 12.30pm)
- 28th March delivered virtually via MS Teams (6pm - 9pm)

Youth Mental Health Aware is an introductory 3- hour workshop which aims to raise awareness of children and young people's mental health.

The course will cover:

- What is mental health?
- Protective and risk factors for mental health.
- Some of the common mental health concerns affecting children and young people.
- An understanding of ways to support children and young people with mental health concerns.

SUPPORTING YOUNG PEOPLE'S DIGITAL WELLBEING

WORKSHOP

Workshops are suitable for parents and professionals of children aged between 11-16 years old (KS3 and KS4) and will be held on:

- 6 th February - delivered virtually via MS Teams (6pm - 7.30pm)

A 90-minute online workshop which covers young people's digital use, tips on how to start supportive conversations, and to provide information on what to do if you or a young person have concerns or are worried about what they see online. The workshop will cover:

- The importance of digital technology to young people.
- Awareness of the risks associated with online use
- Tips on how to start supportive conversations
- Guidance on who can support with concerns around online use and behaviours

**North
Lincolnshire
Council** | ADULT EDUCATION
& COMMUNITY
LEARNING

TO BOOK YOUR PLACE ON ANY OF THE ADULT
EDUCATION AND COMMUNITY LEARNING COURSES
OR FOR MORE INFORMATION

VISIT OUR WEBSITE
WWW.NORTHLINCSADULTEducation.CO.UK

TELEPHONE
01724 297146

E-MAIL
NLACL.ENQUIRIES@NORTHLINCS.GOV.UK

TERMS & CONDITIONS
PLACES ARE LIMITED, PLEASE BOOK ASAP TO
AVOID DISAPPOINTMENT.

THIS WORKSHOP HAS BEEN FUNDED BY NLC
ADULT EDUCATION, COMMUNITY & FAMILY
LEARNING.

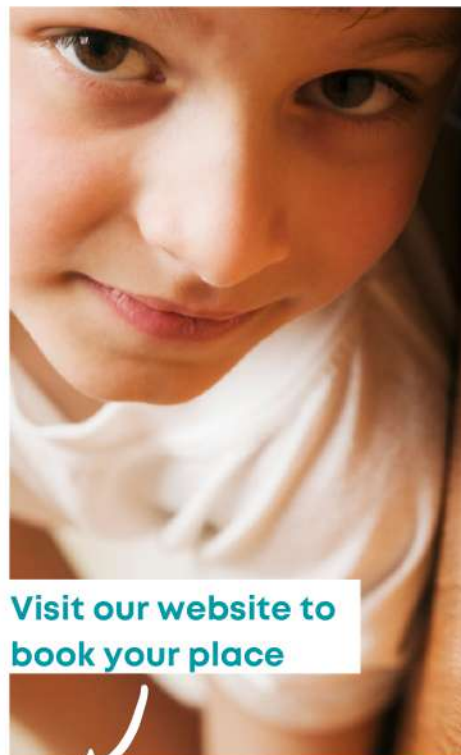
COURSES ARE FREE SUBJECT TO
COMPLETION OF OUR ENROLMENT FORM AND
EVALUATION FORM.

NCFE/CACHE Level 2 Certificate in Understanding Mental Health in the Early Years

Gain an understanding of mental health in young children in the early years (from birth to 5 years old) and the role of the Early Years Practitioner in supporting children's mental health and wellbeing.

- Unit 1 - Understand mental health for young children in the early years
- Unit 2 - Understand the significance of attachment and adverse childhood experiences for young children in the early years
- Unit 3 - Understand the role of the Early Years Practitioner supporting mental health and wellbeing for young children in the early years

Suitable for: The Early Years Workforce who work within the Early Years Foundation Stage, including school settings, childminders and Children Centre/FASST staff



Visit our website to
book your place

northlincsadulteducation.co.uk

Previous learners said...

"I enjoyed the course. I feel like it's taken my knowledge I had previously to the next level and made me curious."

"I learnt a lot about different types of attachment styles and different strategies to help a child to form a secure attachment, and why having a secure attachment is important. I learnt a lot of interesting facts about brain development."

"I enjoyed the mix of online work and training in person as I feel I got a lot out of talking to others."

"I feel as though I am more aware of my parenting style and how I am as a practitioner taking the time to be more observant and considerate towards attachment and children's individual behaviour."

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L2 Certificate in Understanding
Children and Young People's
Mental Health

NCFE/CACHE Level 2 Certificate in Understanding Children and Young People's Mental Health

Are you interested in increasing your knowledge of children's mental health?

This qualification aims to equip you with a detailed understanding of mental health conditions that affect children and young people, the legislation and guidance surrounding mental health, risk factors that may affect mental well-being and the impact that mental health concerns may have on young people and others.

The course is made up of 5 mandatory units:

- Unit 1: Understand children and young people's mental health in context
- Unit 2: Understand factors which may affect children and young people's mental health
- Unit 3: Understand children and young people's mental health concerns.
- Unit 4: Understand the impact of children and young people's mental health concerns
- Unit 5: Understand how to support children and young people with mental health concerns

Previous learners said:

"I now feel more confident in speaking with young people about their mental health and I plan to use my knowledge and skills to help build young people's resilience".

"I have enjoyed learning new things about mental health in children and young people and being more mindful of behaviours and feelings".

"I feel I can share the knowledge I have gained with my colleagues and adopt strategies into my everyday practice".

"I have enjoyed networking with other colleagues, from different backgrounds. This has given me an insight into others perspectives, such as secondary schools".


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