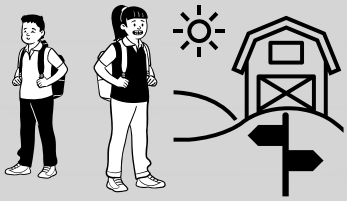
# Mental wellbeing in children and young people

## A Toolkit for parent carers in Cheshire East



## Support for children and families in Cheshire East

There is a lot of support available in Cheshire East for children and families around wellbeing as well as wider parenting issues and challenges. However, our schools have reported that parent carers can find it hard to find out what support is available and how to reach it. This toolkit aims to support parent/carers to find the right support for their child or young person.

### Building a force field: Resilience and staying well

*There are lots of steps children and families can take in day to day life that will help you to keep in good mental health.*

#### *What can families read or watch?*

- Your lifestyle prescription talks through the steps children and their family can take and a wide range of services across Cheshire East that you can contact if you need further support in taking these steps.
  Every Mind Matters, provides some useful advice about steps families can take. There is also helpful quick guides from the Anna Freud Centre, for primary and secondary school-aged children, and parent and carers.
- There are some useful online modules that parent carers can use via the passcode: WHEATSHEAF including supporting good mental wellbeing from infancy onwards. There also some further resources for parent carers of children and young people with learning disabilities. There has been some success in reaching parents with these modules by working through them together in a school setting.
- Visyon and Just Drop In provide Parent/Carer Workshops and webinars that talk through topics such as 'Supporting a child with additional needs' 'Sleep'.
- There is also guidance to support school transitions, which can be a stressful time for children and families.

#### *Who can families contact?*

- Family hubs can be helpful places to find out about staying well and building resilience. They can also provide signposting to support with challenges that can lead to poor mental wellbeing such as financial worries, bullying, relationship challenges, loneliness, and bereavement.

- The Cheshire East 0-19+ Health and Wellbeing Service (Health visitors, School Nurses and Family Nurse Partnership) support children, young people, parents, carers and families. For information and advice, call the 0-19+ Contact Hub on 0300 123 4058 (Monday- Friday 09:00- 16:30). Young people (aged 11-19) can access confidential health and wellbeing advice from a School Nurse by texting ChatHealth on 07507 329908 (Monday to Friday 09:00-17:00).
- Libraries can also be a helpful place to drop in to. They contain books on wellbeing and also are another way of connecting with the local community.

Mental health needs can occur alongside communication needs, learning needs, and sensory differences. Sometimes, children with neurodivergent conditions can find learning environments demanding and take different perspectives from their experiences. Children and young people with confirmed or possible additional needs, and their families, can find more support via the following:

- The Cheshire East 0-19+ Health and Wellbeing Service SEND Practitioners deliver an Child Development Course for parents/carers (of preschool aged children, and children in Key Stage 1), who are concerned about their child's development and want to understand more about how they can help them. 0-19+ SEND Practitioners also offer drop-in sessions for support and guidance.
- The Parent Carer Forum can connect parent carers with other parent carers and advice, as can the Carer's Hub.
- Peer support sessions for children with autism and their family are available via Autism Central including dealing with making friends, dealing with bullying and managing changes to routine, for example Christmas.
- The Local Offer for SEND also includes lots of information about how to get support for children and young people with additional needs.
- Information from the NHS regarding proactive support is provided by our local Integrated Care Board for children and young people awaiting assessment.
- Family hubs host the Local Offer Live drop-in sessions can also be helpful in asking any questions you have and getting advice. There are also other sessions families can join. You can find out timings of these via this link. They also host educational psychologist drop-in sessions.
- Short breaks can support in promoting good mental wellbeing for children with SEND and their families. Ruby's Fund and Friends for Leisure for leisure activities. Space for Autism provides support for children and families with autism and Autism Inclusive supports children and families with possible and confirmed autism or Attention Deficit Hyperactivity Disorder in Crewe.

## Getting talking and getting extra advice

*Talking about emotions, including anxiousness and sadness is important and can help in improving poor mental wellbeing. Getting advice early is also important.*

### *What can families read or watch?*

- For a quick glance, there are guides parent carer guides for having conversations with primary and secondary school aged children.
- There is a useful online module on feelings that parent carers can use via the passcode: WHEATSHEAF.
- Mymind has information on managing anger, low mood, stress and trauma.
- Our local children and young people have worked together with professionals to produce our Keep safe and cope well plan, which supports young people in managing their emotions.

### *Who can families contact?*

- Where schools have Mental Health Support Teams, children and young people can receive low intensity therapeutic support for mild to moderate mental health conditions, such as low mood and anxiety. MHSTs also offer parent support intervention for all parents across Cheshire East.
- Visyon (South and Central Cheshire East) Just Drop In (North Cheshire East) runs workshops for parent carers such as on managing anxiety. They also both support young people in managing emotions such as anxiousness and low mood through group and one to one mentoring to secondary school-aged children.
- General practices also provide valuable support and advice. A guide of what to expect and how to talk with GPs regarding self harm and suicidal thoughts has been developed by the University of Birmingham.
- Where families need further advice, they can self-refer to the Children and Young People's Mental Health Service (formerly known as CAMHS) via Mymind to obtain further advice and guidance.

**For emergencies, immediate support should always be accessed via the number 111**

You should still call 999 or go to A&E if you have an immediate life-threatening emergency.

Other helplines include

- Samaritans – Call 116 123 or email jo@samaritans.org www.samaritans.org
- Shout! – Text 'SHOUT' to 85258 Free 24/7 mental health support
- Papyrus – A helpline for under 35s who are experiencing thoughts of suicide. Call 0800 068 4141, text 07860039967 or email pat@papyrus-uk.org

## Support Outside Cheshire East

We are working to ensure our support offer to schools is as inclusive as possible and where interventions are school-based, they are open to all. However, some support for families will only be available to Cheshire East residents. To find out more about support for families in our surrounding areas, please contact the following people/visit the following websites.

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| Cheshire West and Chester | Trafford | Derbyshire | Staffordshire |
| Warrington | Stoke-on-Trent | Manchester | |
| | Shropshire | Stockport | |

## Support to promote wellbeing in parent carers

Good mental wellbeing in the adults supporting children and young people is an important part of promoting good childhood mental wellbeing. Your lifestyle prescription talks through steps adults can take to promote good mental wellbeing. Also, Cheshire and Merseyside have an online directory of support available at Kind to Your Mind, which can be accessed at Home | Kind To Your Mind.

If you are struggling with your mental health, please reach out to your GP for support. If you are in crisis, please contact NHS 111 or A&E, where you can access emergency mental health support 24 hours a day.