

Children's Mental Health Week, 1st – 7th February 2021

We have coordinated information, and content to provide you with a range of promotional information to be used on social media during Children's Mental Health Week, 1st-7th February. Everyone is invited to get involved and share resources available to provide support and guidance to children, young people, their families, and professionals across the county.

The images are all available on Google drive https://drive.google.com/drive/folders/1dJf7rqbjUVigszTlyY_miaoDw4o2SFT5

If you have any difficulty accessing the files, please contact headstart@kent.gov.uk

We have included suggested hashtags, but this is optional. It is recommended the inclusion of #ChildrensMentalHealthWeek

You may wish to simply retweet or regram content from partners and the tags at the bottom of this document can help you connect with trusted partners.

This content offer can be used beyond Children's Mental Health Week so that we can continue to provide information about the range of services and information available to families across Kent & Medway.

	Lead Person	Message	Audience	Image name / video link	
NELFT	Sarah Thornby	If you are concerned about a young person's mental health and are not sure what extra help is needed you can call the Single Point of Access (SPA) ON 0800 0113474. We are still #HereForYou. #KentTogether #ChildrensMentalHealthWeek	Parents & Professionals	Facebook	Single Point of Access (SPA) 2021 FB
				Instagram	Single Point of Access (SPA) 2021 insta
				Twitter	Single Point of Access (SPA) 2021 twitter
KOOTH	Karen Dawber	Aged between 10-25 and need	ALL	<i>Kooth have provided a range of images to use on</i>	

		<p>mental health support? Kooth is #HereForYou. Please visit www.kooth.com to register for our supportive online community where we have lots of guided support courses and resources for you. #KentTogether #ChildrensMentalHealthWeek</p>		<p><i>social media. Each are saved in each platforms folder, clearly labelled as Kooth and then the platform identity i.e. FB.</i></p>
Kooth	Karen Dawber	<p>Kooth is #HereForYou with a free, safe and anonymous online wellbeing service. You can access one-to-one counselling sessions, discussion boards, self-help content, journals and goal trackers. #KentTogether #ChildrensMentalHealthWeek</p>	Young People	<p><i>Kooth have provided a range of images to use on social media. Each are saved in each platforms folder, clearly labelled as Kooth and then the platform identity i.e. FB.</i></p>
Kooth	Karen Dawber	<p>Kooth.com is a free, safe and anonymous online wellbeing service for children and young people offering one-to-one counselling sessions, online discussion boards and journals and goal trackers. #KentTogether #ChildrensMentalHealthWeek #HereForYou</p>	Professional	<p><i>Kooth have provided a range of images to use on social media. Each are saved in each platforms folder, clearly labelled as Kooth and then the platform identity i.e. FB.</i></p>
Kooth	Karen Dawber	<p>Please ensure you are following Kooths Social Media accounts Twitter, Instagram, Facebook & LinkedIn to share their video 'Don't do it alone' released on 1st Feb. Visit explore.kooth.com/dontdoitalone for an overview</p>		

		<i>of the campaign and download the 'Don't Do It Alone' lesson plan which you can use alongside the video to engage your students in a conversation about mental wellbeing.</i>			
Childline		You can ring Childline on 0800 1111 if you are a child or young person who is a victim or are worried about domestic violence in your home. #KentTogether #HereForYou #ChildrensMentalHealthWeek	ALL	Facebook	Childline FB
				Instagram	Childline Insta
				Twitter	Childline twitter
Together All	Via Sarah Thornby	Together all provides mental health support for young people aged 16-18 in Kent. Visit www.togetherall.com to access the online community including lots of guided support and resources. #KentTogether #HereForYou #ChildrensMentalHealthWeek		IMAGE to follow	
Kent Resilience Hub – HeadStart Kent	Ellie Ransley - Hoare	Offering advice, information and toolkits to parents, staff and settings (schools & community) to support young people's emotional wellbeing and resilience. www.kentresiliencehub.org.uk		N/A	
Release the pressure	Tim Woodhouse	Text 'Kent' to 85258 for when you need immediate support. No fee, no registration or data required - it is silent, free, confidential and	ALL	Facebook	Kent Release The Pressure Green FB Kent Release The Pressure Purple FB

		anonymous. We are #HereForYou 24 hours a day, seven days a week, whenever you need mental health support. #KentTogether #ChildrensMentalHealthWeek		Instagram	Kent Release The Pressure Green Insta Kent Release The Pressure Purple Insta
				Twitter	Kent Release The Pressure Purple Twitter
MoodSpark – HeadStart Kent	Ellie Ransley-Hoare	Moodspark is packed full of activities, information, and resources to help young people understand what resilience is, and how to better take care of their emotional wellbeing. Moodspark is #HereForYou. #KentTogether #ChildrensMentalHealthWeek	ALL	Facebook	MoodSpark post FB
				Instagram	MoodSpark post Insta
				Twitter	MoodSpark post Twitter
MoodSpark – HeadStart Kent	Ellie Ransley-Hoare	Moodspark is full of activities, information, and resources to help you understand what resilience is, and how to better take care of your emotional wellbeing. Moodspark is #HereForYou. #KentTogether #ChildrensMentalHealthWeek	YP	Facebook	MoodSpark post FB
				Instagram	MoodSpark post Insta
				Twitter	MoodSpark post Twitter
Kent Child Health -		If your child is aged 4-19 and struggling with their emotional	Parents	Facebook	Kent Child Health FB

KCHFT		<p>health, you can access support from the Children and Young People's Counselling Service.</p> <p>Go to www.kentcht.nhs.uk/school-health or ring 0300 123 4496 for more information. #KentTogether #HereForYou</p>		Instagram	Kent Child Health Insta
				Twitter	Kent Child Health Twitter
Oak National Academy		<p>Oak National Academy has teamed up with Place2Be and BAFTA Kids to create a free assembly for Children's Mental Health Week 2021, Available on 1st Feb at 9am with Blue Peter's Lindsey Russell and CBBC Presenter Rhys Stephenson</p>	To be promoted in lead up to 1 st Feb		
Be Free - Barnardos	Lois O'Leary	<p>The BeFree service is for 10–18 year old females and trans individuals, living in Kent, who are at risk of experiencing unhealthy or abusive relationships. For more information watch our video #HereForYou #Kenttogether #ChildrensMentalHealthWeek</p>	Professionals	https://www.youtube.com/watch?v=IKJVUwEMQQU&feature=youtu.be	
Be Free - Barnardos	Lois O'Leary	<p>What makes a relationship unhealthy or abusive? BeFree gives you the knowledge and</p>	Young people	Facebook	Barnardo's logo fb

		empowers you to make decisions about your relationships. BeFree works with females and trans individuals aged 10-18. www.barnardos.org.uk/befree #ChildrensMentalHealthWeek #HereForYou #KentTogether		Instagram Twitter	Barnardo's logo insta Barnardo's logo twitter
Draw Your Own Solution – HeadStart Kent	Ellie Ransley-Hoare	Struggling to sleep? Listen to Jo share his experience of what he did to help get off to sleep each night. https://moodspark.org.uk/draw-your-own-solution/ #ChildrensMentalHealthWeek #HereForYou #KentTogether	all	https://youtu.be/SaR2LA78qEA	
Draw Your Own Solution – HeadStart Kent	Ellie Ransley-Hoare	Katie built her resilience by talking to her friends. Resilience will get you through. https://moodspark.org.uk/draw-your-own-solution/ #ChildrensMentalHealthWeek #HereForYou #KentTogether	all	https://youtu.be/t9ELFnCyLfs	
Draw Your Own Solution – HeadStart	Ellie Ransley-Hoare	Resilience is knowing that when you feel stressed, you have people you can turn to. https://moodspark.org.uk/draw-	all	https://youtu.be/0o-9FrJtVrU	

Kent		your-own-solution/ #ChildrensMentalHealthWeek #HereForYou #KentTogether			
Draw Your Own Solution – HeadStart Kent	Ellie Ransley-Hoare	Watch Alex's story to find out how he built resilience...resilience will get you through. https://moodspark.org.uk/draw-your-own-solution/ #ChildrensMentalHealthWeek #HereForYou #KentTogether	all	https://youtu.be/9GL9WLn06Cg	
Draw Your Own Solution – HeadStart Kent	Ellie Ransley-Hoare	Watch Emma's story to find out how she built resilience when starting a new school...resilience will get you through https://moodspark.org.uk/draw-your-own-solution/ #ChildrensMentalHealthWeek #HereForYou #KentTogether	all	https://youtu.be/E4iEJSrGXxE	
Draw Your Own Solution – HeadStart Kent	Ellie Ransley-Hoare	Watch our bite-sized webinar videos to find out more about resilience and how to be a resilient parent. #ChildrensMentalHealthWeek #HereForYou #KentTogether	Parents	https://kentresiliencehub.org.uk/resources/resilience-webinar-for-parents/	

Resilience Awards – Emotional Wellbeing team	Sarah Haigh	<p>The Resilience Awards are to celebrate young people’s achievements during these difficult times. You can apply for up to four awards, and all you have to do is share with us what you have been doing to keep yourself well.</p> <p>https://moodspark.org.uk/resilience-awards/</p> <p>#ChildrensMentalHealthWeek #HereForYou #KentTogether</p>	Parents & YP	Facebook	Resilience awards FB
				Instagram	Resilience awards Insta
				Twitter	Resilience awards Twitter
Chat Health - KCHFT		<p>Young people aged 11-19 can access text based support at ChatHealth for support around physical and mental health ChatHealth 07520 618850 Parents, young people and schools can access a range of helpful resources vis the Kent Youth Website</p> <p>www.kentyouthhealth.nhs.uk</p> <p>#ChildrensMentalHealthWeek #HereForYou #KentTogether</p>		Facebook	Chathealth phone FB
				Instagram	Chathealth phone Insta
				Twitter	Chathealth phone Twitter
Be You - Porchlight		<p>For support about sexuality and gender identity</p> <p>www.thebeyouproject.co.uk</p> <p>#ChildrensMentalHealthWeek</p>		Facebook	Be you FB
				Instagram	Be you Insta
				Twitter	Be you twitter

		#HereForYou #KentTogether			
Place2Be		You can download a range of resources from https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/ The free resources will help children and young people to explore what it means to Express Yourself . All of the ideas can be adapted for use in school, for home-schooling, online lessons or independent learning.			
Winter Blues - NELFT	Sarah Thornby	Be a part of the winter blues challenge and share what brings you joy, when the sky is dull. #ChildrensMentalHealthWeek #HereForYou #KentTogether	All	<i>Nelft have supplied a PDF only</i> winterblueskent	
KCHFT		Kent Youth Health provides information and guidance on emotions, sexual and relationships and health. https://www.kentyouthhealth.nhs.uk/get-help/		N/A	
Nelft	Sarah Thornby	Kent CYPMHS provides emotional wellbeing and mental health advice and support for young people and their families across Kent https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health/		N/A	
		Developed by the NHS in Kent, Good Mental Health Matters is a free resource for Primary and Secondary school teachers,		N/A	

		parents and young people https://www.goodmentalhealthmatters.com/		
KCC	Gemma Smith	<p>We understand that COVID-19 (coronavirus) has created uncertainty and anxiety, the constant news can feel overwhelming.</p> <p>Here you'll find suggestions that can help your wellbeing as well as children and young people's wellbeing.</p> <p>https://www.kent.gov.uk/social-care-and-health/health/protect-kent-and-medway/help-and-advice-for-residents/looking-after-your-mental-health-and-wellbeing</p> <p>#ChildrensMentalHealthWeek #HereForYou #KentTogether</p>		N/A

Twitter	Instagram
@kmptnhs	
@NHSKentCHFT	NHSKentCHFT
@medway_council	Medway_council_news
@NHSKMCCG	

@Kent_cc	Kcc_kent
@PHE_uk	publichealthengland
@NELFT	@kentandmedwaycamhs
@Togetheralluk	We are all together
@kooth_plc	Kooth_uk
@HeadStartKent	Kentyouthvoice & drawyourownsolutions
@barnardos	Barnardos_uk