

Kind Minds

Staffordshire partner newsletter with useful information about children and young people's mental health and emotional wellbeing.

Autumn

Issue 28

2026

Welcome to the Autumn issue of Kind Minds

Kind Minds is produced every term, and we welcome your feedback or contributions. Share your ideas: sandra.webb@staffordshire.gov.uk

If you need Kind Minds in an alternative format, please contact us.



Stay Well Service

Staffordshire Emotional Health and Wellbeing service

What is Stay Well?

Jointly commissioned by Staffordshire County Council and Staffordshire and Stoke on Trent Integrated Care Board, Stay Well is a Children and Young People's Mental Health Service (CYPMHS) provided by Changes Health and Wellbeing, North Staffs Mind and The Dove Service.

Offering a successful blend of both group and one-to-one support. Stay Well provide rapid contact, assessment, and aim to follow this by access to support within just 20 working days.

Here are some exciting updates about our service:

- **Early Intervention Modules:** We have launched our new Early Intervention modules, designed to provide more personalised support. Following triage, CYP and their family network will receive a module tailored to their individual needs and goals, providing relevant advice and strategies while they wait for their sessions to commence. The modules will also provide information about what to expect from Stay Well, helping CYP feel more prepared and confident about accessing support.
- **Social Media and Young People's Voice:** Our social media platforms continue to thrive and are packed with self-help resources, guided skills videos, introductions to our team and venues, and information about what to expect from our service. We are now looking to place a greater focus on the voice of our young people, sharing their experiences, advice and what they have found helpful when accessing Stay Well.
- **Our Group Offer:** We continue to expand our group offer across Staffordshire for CYP aged 5-16, including our Wellbeing and Dealing with Difficult Emotions programmes. We are currently trialling separate 11-13 and 14-16 groups, rather than our usual 11-16 age range, enabling us to tailor sessions more closely to different ages and stages.

Stay Well updates on their service continued :

- **New School Modules:** We are developing a range of new focused modules, including Sleep, Healthy Friendships, Life Transitions, Exam Stress, Bullying, Banter and Respect, and Finding Your Voice. These are being developed for flexible use within schools through assemblies and focused sessions, as well as within our 1:1 and Peer Support Group provision where appropriate.
- **School Holiday Activities:** We are looking to expand our offer of fun, social and one-off activities during school holidays and half terms, providing CYP with further opportunities to connect with others and engage with the service in a relaxed environment.
- **CBT for Simple Phobias:** Our service offer continues to include one-to-one Cognitive Behavioural Therapy to address simple phobias.

How to refer:

Children, young people and their families can refer directly into the service, or they can be referred by a professional. There are two main referral pathways to access Stay Well Services. Directly through our website referral form or through your Single Point of Access team (see page 6). Please do not duplicate your referrals, all referrals will be redirected to the appropriate support.

- Call: 01782 418 518
- For online referrals: [Stay Well online referral form](#)
- North Staffordshire SPA: [Young people - Online-referral - Combined Wellbeing](#)
- South Staffordshire CaFSPA: [How to make a referral :: Midlands Partnership University NHS Foundation Trust](#)

To find out more about the Stay Well Service, visit: [Stay Well website](#) , where you can find information on services and training available as well as resources, self-help information, guidance and advice to support positive mental health and wellbeing.

Follow us on: [Stay Well Staffordshire | Stoke-on-Trent | Facebook](#)
[Stay Well Service | Staffordshire \(@staywellstaffordshire\)](#) • [Instagram photos and videos](#)

SAFE steps for Mental Health Support for Children and Young People in Staffordshire.

We now have simple **SAFE** steps to follow, linking to the online resource that outlines the mental health support available for children and young people, and how to access it, including:

- Local services and referral routes for getting help and more specialist support
- Advice and activities to promote wellbeing
- Digital tools and apps for young people

Follow the **SAFE** steps for mental health support to find the **right help at the right time**.

You can view the pathway, download the poster, and also access the **SAFE** digital poster for digital screens under 'Related images' on [Staffordshire Connects website](#).



Update from Mental Health Leads in Education Network



Summer Meetings Round-Up

Our summer network meetings were packed with valuable updates, insights and resources to support children and young people's mental health and wellbeing.

We heard from colleagues at Midlands Partnership University NHS Foundation Trust and North Staffordshire Combined Healthcare Trust about the role of Mental Health Support Teams (MHSTs) in schools and exciting updates on the plans to expand provision across Staffordshire, North Staffordshire and Stoke-on-Trent. We also enjoyed a session on engaging parents and carers effectively in supporting young people's mental health.

Members were introduced to the new Advocacy Service from ASIST for Staffordshire and received an overview of the Amparo suicide bereavement support service, both are available across Staffordshire and Stoke-on-Trent. Attendees also heard about a new suicide prevention resource for education settings and opportunities to contribute to research exploring how professionals make decisions about children and young people's mental health in schools.

In a separate workshop, which was also opened for non-members, Dr Yvonne Skipper from the University of Glasgow showcased Project Real; a free collection of resources designed to help children and young people navigate misinformation, improve digital literacy and stay safe online. The resources can be used in schools, youth settings and at home, helping to support conversations with prompts for parents, carers and young people to talk about online life, safety, trust, and misinformation.

Upcoming meetings:

Dates have been set for the new academic year

Autumn term	
Wed 16 th Sept 16:00-17:00	Thurs 24 th Sept 7:45-8:45
Spring term	
Wed 3 rd March 7:45-8:45	Thurs 11 th March 16:00-17:00
Summer term	
Wed 16 June 16:00-17:00	Thurs 24 th June 16:00-17:00

Content for September meetings includes:

- **Suicide awareness and prevention, sharing resources and training.**
- **Supporting Neurodiverse children and young people to feel safe and heard when sharing concerns, including suicidal ideation and self-harming behaviours.**

Mental Health Leads in Education Network

connects colleagues from education settings across Staffordshire and Stoke-on-Trent through termly Microsoft Teams meetings, regular updates and sharing information. If members are not able to attend information and meeting recordings are shared afterwards.

Not yet a member? We'd love to welcome your education setting to the network, to join contact:

Staffordshire -

email: sandra.webb@staffordshire.gov.uk

Stoke-on-Trent -

email: Natalie.Harrison@stoke.gov.uk

5 Whole School/College Approach Reminders for the New School Year

1. Revisit Your Priorities

Review your WSCA action plan, reconnect your wellbeing team, and make sure mental health and wellbeing remain linked to school improvement priorities.

Strong leadership is a key feature of successful whole-school approaches.

2. Start with Relationships

Prioritise connection, safety and belonging.

Positive relationships are at the heart of both effective trauma & mental health informed practice and pupil wellbeing.

3. Listen to Your Community

Gather pupil, parent/carers and staff voice early in the year and use it to shape your plans.

People are more likely to engage when they can see their views lead to action.

4. Make Support Visible

Refresh provision maps, wellbeing pathways and signposting information. Regularly remind pupils, staff and families how to access support when needed.

Early identification works best when support is easy to find.

5. Support Staff to Support Others

Review training needs, share wellbeing approaches with new staff and prioritise staff wellbeing.

Sustainable whole-school approaches depend on staff feeling confident, supported and valued.

A whole-school approach isn't built through one-off events. It's created through consistent daily actions that strengthen leadership, relationships, belonging and wellbeing across your school community.

Have MHST support in school already? Speak with your EMHP during your early consultations of the year.

Don't have MHST support in school yet? [Follow our Facebook page](#) for more information.

Do you want to know more about Whole School or College Approach to promoting mental health and wellbeing? Learn more about the 8 principles in this guidance: [Promoting children and young people's mental health and wellbeing - GOV.UK](#)

National Children's Bureau explains the importance of a whole school approach. The approach involves many components including; early identification and intervention, staff wellbeing and development, and skills-based work for pupils. Why have a whole school approach? Improved pupil wellbeing- Improved staff wellbeing and retention, Improved academic learning, Strong link to improving school's overall effectiveness, Development of social and emotional skills, Prevention of MH problems, and Improved school behaviour - reduction in fights, bullying, exclusions and absence. Read more: [Whole school approach](#)

To help Mental Health Leads embed a whole school or college approach to mental health and wellbeing, a **Mental Health Lead Resource Hub** has been developed by **Anna Freud**, in partnership with education representatives and mental health experts.

Mental Health Support Teams rolling out in Staffordshire Moorlands in January..

Schools in Staffordshire Moorlands should have received an email from the Integrated Care Board (ICB) during the first week of September inviting them to submit an Expression of Interest to access support from the Mental Health Support Teams, ahead of the roll-out in January.

If you are a school in Staffordshire Moorlands, what do you need to ?

- **Check your junk or spam folders** if you have not seen the email to ensure you do not miss this opportunity.
- **Complete and return the Expression of Interest form** as soon as possible to access the support available through the Mental Health Support Teams.
- **Contact us** if you have not received the email or would like further information: MentalHealthPortfolioinbox@staffsstoke.icb.nhs.uk

There are now Mental Health Support Teams (MHST) in all districts. To find out if your school has a MHST ask your schools Senior Mental Health lead. In schools that do not yet have a MHST – Stay Well (see page 1) will support the emotional wellbeing and mental health of children and young people.

For more details and find out which schools are supported by MHSTs:

[Mental Health Support Team - North Staffordshire Combined Healthcare NHS Trust](#)
[Mental Health Support Teams in Schools :: Midlands Partnership University NHS Foundation Trust](#)

Changes to the way to contact Staffordshire Families integrated front door (SFIFD)

Urgent concerns If you believe a child is at risk of immediate harm, this must be reported to the police by calling **999**. Once you have spoken to the police, please contact the Staffordshire Families Integrated Front Door (SFIFD) urgently.

- Call: **0300 111 8033** Monday to Thursday, 8.30am to 5pm or Friday 8.30am to 4.30pm.
- Call: **0345 604 2866** out of hours to speak to the emergency duty service.

Non-urgent concerns or requests for support for children and families

Parents, carers and members of the public

Call: 0300 111 8033 Monday to Thursday, 8.30am to 5pm or Friday 8.30am to 4.30pm
Or complete the online referral form: [Report a Concern or Request Support for a Child](#)

Professionals All non-urgent reports from professionals must be submitted through online Multi-Agency Referral Form (MARF) [Report a concern \(child safeguarding\)](#) | [Staffordshire County Council](#)

Right Help, Right Time Right Help, Right Time offers information about the services available to families in Staffordshire, and an interactive tool can help you understand the right support for their needs. Find out more: [Staffordshire Safeguarding Children Partnership \(SSCP\) website](#)

If you have visited the Right Help, Right Time webpage and need additional advice about referral routes or options, call 0300 111 8033 Monday to Thursday 8.30am to 5pm, or Friday 8.30am to 4.30pm

Making a referral for children and young people's mental health and emotional wellbeing support in Staffordshire

Here in Staffordshire, we have **Single Points of Access**, these are central hubs for children and young people's mental health services (CYPMHS), providing a streamlined referral process making it easier for families and professionals.

Support and guidance are provided through the Single Points of Access, they will triage information provided to understand the needs of the child, young person, and their families. Simplifying the way children, young people, their families or carers access support.



North Staffordshire
Combined Healthcare
NHS Trust



North Staffordshire

- Child and young people's mental health services are accessed via the **Single Point of Access (SPA)**, bringing together children and young people's mental health services including Stay Well.
- The **SPA** can take telephone calls / referral forms from self-referral or from professionals.

Telephone: 0800 0 328 728

Online referrals:

<https://combinedwellbeing.org.uk/da-our-services/>

Where does this service cover?



NHS
Midlands Partnership University
NHS Foundation Trust



South Staffordshire

- Child and young people's mental health services are accessed via the **Children and Families Single Point of Access (CaFSPA)**, bringing together children and young people's mental health services including school nursing, and Stay Well.
- The **CaFSPA** can take telephone calls / referral forms from self-referral or from professionals.

Telephone: 0808 178 0611

Email referrals to: CaFSPA@mpft.nhs.uk

Online referrals: [CaFSPA How to make a referral](#)

Where does this service cover?



The Big Future survey - have your say

The Children's Commissioner for England, Dame Rachel de Souza, has launched The Big Future, a national survey giving children the opportunity to share their views on childhood today and the changes they want to see for the future. With voting rights being extended to 16 and 17-year-olds, it is more important than ever that young people's voices are heard. The survey is asking about the changes they want to see in their communities, their biggest concerns, and their hopes for the future.



<https://www.smartsurvey.co.uk/s/TheBigFuture/>

New Youth Voices Forum Gives Young People a Say



The Children's Commissioner for England has launched a new Youth Voices Forum, giving young people aged 13+ the chance to influence decisions on issues that matter to them, from mental health and education to online safety and SEND.

Members will receive regular updates, opportunities to share their views, and access to consultations that help shape national policy. The forum will also feed into The Big Conversation, a nationwide survey exploring how England can become the best place for children to grow up.

The launch follows concerns that only around one in five young people feel decision-makers listen to them. Through the new forum, the Children's Commissioner hopes to ensure more young voices are heard and reflected in future policies.

Want to get involved? **[If you're aged 13+ you can join my Youth Voices Forum by clicking here](#)**, for more opportunities to have your say on important issues.

Supporting Children and Young People's Mental Wellbeing

The Royal College of Paediatrics and Child Health's *State of Child Health 2026* report highlights the growing importance of supporting children and young people's mental health and emotional wellbeing. Young people identified emotional wellbeing as a key concern, with many describing the impact of stress, anxiety and everyday pressures on their lives.

A clear message from the report is the need for early support, trusted adults who listen, and opportunities for children and young people to talk openly about how they are feeling. Schools, families and communities all have an important role to play in creating safe, supportive environments where children can build resilience, thrive and reach their full potential.

Read it in full here: **[State of Child Health | RCPCH](#)**

How Healthy Habits Support Children's

Wellbeing: We spoke with Wayne, Managing Director of **Time4Sport**, who deliver **Time4Wellbeing**, the family weight management service, about how physical activity and healthy eating can support children and young people's mental health, confidence and emotional wellbeing.



Q: We often hear about being active for physical health. How does it support mental wellbeing?

Physical activity is one of the simplest and most effective ways to support our mental health. When we're active, our bodies release chemicals such as endorphins that help boost mood, reduce stress and improve how we feel. For children and young people, being active can also build confidence, improve self-esteem, help manage anxiety and support better sleep, all of which play an important role in emotional wellbeing.

The great thing is that it doesn't have to be organised sport or intense exercise. Playing in the park, riding a bike, dancing around the living room or walking the dog all count and can make a real difference.

Q: "Be Active" is one of the Five Ways to Wellbeing. How can families build this into everyday life?

The best way is to make activity part of normal family life. Walking to school when possible, spending time outdoors together, playing games in the garden or planning active weekends are all great examples.

It's important to focus on having fun rather than achieving perfection. When children see their parents and carers enjoying being active too, they're much more likely to develop positive habits that last.

Q: How can making healthier food choices support children's mood, energy and overall wellbeing?

Food is fuel for both our bodies and our brains. Eating regular, balanced meals with plenty of fruit, vegetables, wholegrains and protein helps children maintain steady energy levels and supports concentration, learning and emotional regulation.

Healthy eating isn't about strict diets or cutting out favourite foods. It's about balance and helping families make small, sustainable changes that everyone can enjoy together.

Q: What changes do families notice when children become more active or make healthier lifestyle choices?

Many families tell us that children become more confident, have more energy and sleep better. Parents often notice improvements in mood, behaviour and willingness to join in activities.

We also see families spending more quality time together, which strengthens relationships and creates positive routines that benefit everyone's wellbeing.

Q: Why is involving the whole family important in supporting children to be active and develop healthy habits?

Children learn by watching the adults around them. When the whole family gets involved, healthy habits become part of everyday life rather than something that feels like a chore.

Supporting one another, celebrating small successes and making healthy choices together helps create a positive environment where children feel encouraged instead of pressured.

Q: Some children feel reluctant or lack confidence. How can families support them?

Every child is different, so it's important to find activities they genuinely enjoy. Some children love team sports, while others prefer swimming, cycling, trampolining, walking or simply playing outside.

Start small, celebrate effort rather than ability and let children progress at their own pace. Confidence grows through positive experiences, so making activities enjoyable is far more important than focusing on performance.

Q: What are common barriers to being active or eating healthier, and how can families overcome them?

Time, cost and confidence are often the biggest challenges. The good news is that being active doesn't need to cost anything. Parks, walks, playgrounds and active games at home are all free ways to move more.

When it comes to healthy eating, planning meals, cooking together and making small swaps rather than trying to change everything at once can make healthy choices feel much more achievable.

Q: What are your top tips for families wanting to get started?

I'd recommend keeping it simple:

- Aim for small changes rather than trying to do everything at once.
- Choose activities your children enjoy.
- Eat meals together whenever possible.
- Celebrate progress, not perfection.
- Make healthy habits fun and something the whole family can share.

Remember, every positive step counts and small changes can lead to big improvements over time.

Q: Finally, how can families access your service?

[Time4Wellbeing](#) supports families to make healthier lifestyle choices through practical advice, fun activities and ongoing encouragement. Our friendly team works alongside families to build confidence, improve wellbeing and create healthy habits that last.

If you'd like to find out more or see if you're eligible for the programme, speak to your healthcare professional or visit the time4 sport website for more information:

<https://www.time4sportuk.com/>
<https://www.time4sportuk.com/t4w>

Making Time for Mindful Moments

In our busy days, it's easy to move from one task to the next without taking a moment to pause. The **Five Ways to Wellbeing** remind us that small actions can make a big difference to how we feel. Whether you're a teacher, professional, parent, child or young person, taking a few moments to **Take Notice, Be Active, Connect, Keep Learning** or **Give** can help boost wellbeing. These simple **Mindful Moments** can help you feel calmer, more focused and ready for the day ahead.

1. Ground Yourself

Plant your feet firmly on the floor and take a slow, deep breath. Imagine roots growing from your feet into the ground, helping you feel calm, steady and supported.

Five Ways to Wellbeing: *Take Notice*

Focusing on your breath and how your body feels helps you stay present in the moment.

2. Finger Breathing

Trace around your fingers with one hand. Breathe in as you move up a finger and breathe out as you move down. Slow, simple and effective for both adults and children.

Five Ways to Wellbeing: *Take Notice*

Paying attention to your breathing can help calm a busy mind and bring focus to the present.

3. Stretch and Release

Stand tall in a star shape, reach your arms wide and take a deep breath. Stretch, relax and repeat. You might also like to say a positive affirmation such as, "*I am calm*" or "*I can do this*."

Five Ways to Wellbeing: *Be Active*

Even gentle movement can lift our mood, release tension and boost wellbeing.

4. Palm Massage

Using hand cream or sanitiser, gently massage the centre of your palms and fingers. Take a few slow breaths as you do so.

Five Ways to Wellbeing: *Take Notice*

This mindful activity encourages you to slow down and tune into your senses.

5. Practise Gratitude

Think of three things you're grateful for today. They might be a smiling child, a supportive colleague, a successful lesson or simply a sunny day. Share them, write them down or keep them in mind.

Five Ways to Wellbeing: *Give and Connect*

Recognising and sharing gratitude helps strengthen positive relationships and appreciation for others.

These mindful moments take just a minute or two but can have a lasting impact. Why not choose one to try today and give yourself a moment to pause, reflect and support your wellbeing?

Helping people and organisations take action to prevent suicide

**GRASSROOTS
SUICIDE PREVENTION**

Grassroots Suicide Prevention (GSP) empowers people to help save lives from suicide by educating, connecting, and campaigning nationwide.

They provide bespoke, evidence-based consultation and suicide prevention training for individuals and organisations, alongside practical tools and resources to connect people to support. GSP works to reduce stigma, raise awareness, and influence change through campaigning and strategic work.



The Stay Alive app

Stay Alive is GSP's free award-winning suicide prevention app for people experiencing suicidal thoughts, as well as people concerned about someone else.

Launched in 2014 as the UK's first suicide prevention app, Stay Alive was developed with clinical oversight from Sussex Partnership NHS Foundation Trust. It takes a practical toolkit approach, bringing together evidence-based features including:

- **Find Help Now** - a searchable database of local and national resources.
- **Safety Plan** - create and share a personalised plan for staying safe.
- **LifeBox** - save photos, music, videos and other reminders of what matters.
- **Reasons for Living** - record personal reasons for staying alive.
- **Wellness and Grounding** - practical tools for managing distress.
- **Worried About Someone** - guidance including common myths, warning signs and how to ask about suicide safely.

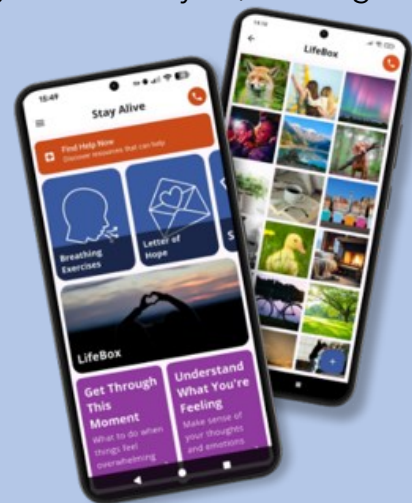
Stay Alive is free to use, with no advertising or paid features, and is available in 22 languages. It has now reached more than 1 million downloads, with users across 208 countries and territories. The app is continually shaped by user feedback, evaluation and lived experience.



Download on the
App Store

GET IT ON
Google Play

Scan to download



DESKTOP
Web App

www.stayalive.app

Interested in learning more? Drew from Grassroots will be introducing the Stay Alive app at the Mental Health Leads in Education Network meeting 16 September. To join the network and attend the session contact: sandra.webb@staffordshire.gov.uk.

Update: Resources to support suicide prevention and Postvention guidance are now both available

Postvention guidance for Education Settings

Staffordshire and Stoke-on-Trent Integrated Care System has guidance to support schools, colleges, and other education settings following a sudden unexpected death by suspected suicide involving a child or young person.

- To support heads, principals, and safeguarding leads in colleges and education settings across Staffordshire and Stoke-on-Trent.
- Provides clear steps for immediate response and ongoing support.
- Acknowledges the traumatic impact on students and staff, and the increased risk of further harm.
- Offers a single point of access for information, advice, and signposting.

This guidance is designed to help education settings respond appropriately and compassionately, while working to minimise further risk.

Resources to support suicide prevention in education settings in Staffordshire and Stoke-on Trent

A new resource has also been developed to support suicide prevention in education settings in Staffordshire and Stoke-on-Trent.

It aims to provide a clear, accessible, and user-friendly format to ensure that education settings understand:

- What the offer is.
- Who is providing it.
- How they can access it.

It sits alongside the Guidance and resources for education settings (schools and colleges) responding to a sudden unexpected death being treated as a suspected suicide - Staffordshire and Stoke-on-Trent



Access both resources here:

[Guidance and resources for education settings \(schools and colleges\) responding to a sudden unexpected death being treated as a suspected suicide - Staffordshire and Stoke-on-Trent, ICS](#)



World Suicide Prevention Day (WSPD) takes place on **10 September 2026**, bringing people across the world together to raise awareness and promote action to prevent suicide.

This year's theme, **"Changing the Narrative on Suicide,"** encourages open, honest conversations that challenge stigma and foster greater understanding and support. Suicide remains a significant global public health issue, with more than 720,000 deaths worldwide each year, affecting families, friends, colleagues and communities. By talking openly about suicide and suicidal behaviour, we can help break down barriers, improve awareness, and encourage people to seek support when they need it.

WSPD highlights that everyone has a role to play. Whether through learning more about suicide prevention, sharing resources, supporting colleagues and loved ones, or participating in local awareness activities, every conversation can contribute to a more compassionate and supportive society. Together, we can help create a future where suicide prevention is prioritised and everyone feels valued, understood and able to access help.

Find out more and access resources at: <https://www.iasp.info/wspd/>

Suicide awareness training:

- **NS MIND Suicide Awareness & Prevention Courses**, courses are **adult** or **focused on Children and young People** and are available **FREE**. To book training click on the link: [Bookings | Public Health \(staffordshire.gov.uk\)](#)
- **Stay Well FREE suicide awareness training for Parents, Carers and Professionals** [Training – Stay Well CYP | Stay Well Children & Young People Support](#)

Want to Strengthen Suicide Awareness and Prevention in Your Setting?

Join our next **Mental Health Leads in Education Network** meetings to hear about training, resources and practical guidance to support children and young people.

- NS MIND Suicide Awareness and Prevention Training and the Orange Button Campaign from Staffordshire County Council
- Update on local resources available
- The Stay Alive App from Grassroots Suicide Prevention
- Session from Staffordshire Educational Psychology Service on Supporting neurodiverse children and young people to feel safe and heard when sharing concerns, including suicidal thoughts, self-harming behaviours and emotional distress

Don't miss this opportunity to learn from experts, discover local and national resources, and connect with colleagues committed to improving mental health and wellbeing outcomes for children and young people.

To join the network and attend these sessions contact:
sandra.webb@staffordshire.gov.uk

Bereavement and Grief

Children's Grief Awareness Week is 16-22 November 2026

Did you know Stay Well provide loss and bereavement support through interventions, workshops and training delivered with **The Dove Service**

For more information on support see: [Services - Stay Well CYP | Stay Well Children & Young People Support](#). For latest training for Parents, Carers and Professionals see: [Training - Stay Well CYP | Stay Well Children & Young People Support](#)

Winston's Wish and Child Bereavement UK have now merged: They provide support, and guidance and training, as well as direct work with children and young people [Child Bereavement UK and Winston's Wish have come together | Child Bereavement UK](#)

The Childhood Bereavement Network promotes a range of training and events to help professionals, volunteers, parents and carers better support bereaved children and young people. Most training is delivered online and includes regular webinars, specialist workshops and opportunities for learning and professional development across the bereavement sector.



The upcoming programme includes online bereavement training, specialist workshops focusing on topics such as suicide bereavement, terminal illness, autism and grief, and supporting bereaved children with SEND. For more details on events and training check out: [Training and events](#)



Helping Hearts Heal – **Grief Support for Children and Young People**, uses a combination of individualised techniques with the aim to help children process the conflicting emotions they may be encountering surrounding loss and change in their lives, whether this is anticipated, a recent event, an historical bereavement or the cumulative impact of life loss events and trauma.

The main areas of support school communities can access include;

1:1 intervention work with child or young person. (Recommendation minimum of 6 sessions)

Full training in 'Helping Children with Loss' to key staff in your setting. (2.5hrs x 4 wks – 10 hrs CPD endorsed by the Teachers Development Trust) This is proving popular training to help support staff as the mandatory inclusion of bereavement education in PSHE is rolled out.

Helping Children with Loss Workshop for staff/parents/carers/wider school community, so all adults know exactly what to do and say in those difficult conversations with children and young people.

For more information please contact:

email: jill.frampton@jillframpton.co.uk tel: 07540 292384 www.jillframpton.co.uk

Supporting Young Carers: Help, Advice and Opportunities Available Across Staffordshire

What is a young carer? A young carer is a child or young person aged **5 to 18 years** who has a caring role for someone with an illness, disability, or other support needs.

The service aims to identify young carers and ensure they receive appropriate support.



Staffordshire
Together for Carers
Service

Staffordshire Together for Carers Young Carers Service

The Young Carers Service provides support such as:

- Listening to the young carer and helping them
- and their family identify what would make a positive difference
- Providing information about the illness or disability of the person they care for
- Helping the family access advice and support for the cared-for person
- Signposting and connecting young carers to other services
- Helping them access support in school or college
- Ensuring their voice is heard and their views are listened to
- Supporting them to take breaks from their caring role through groups, activities and fun opportunities



Are you a young carer? If you help look after someone at home, you have the right to a Young Carer's Assessment with Staffordshire County Council. This is an opportunity to talk to someone about your caring role, how it affects your day-to-day life, and what support might help make things easier for you. It is not a test and nobody is judging how well you care for someone.

To find out more or request a Young Carer's Assessment, contact Staffordshire Cares on 0300 111 8010 or email firstcontactcarers@staffordshire.gov.uk. If you agree, information from your assessment can be shared with Staffordshire Together for Carers, who can help put support in place and connect you with services, activities and opportunities for young carers.

Young carers and their families can also contact Staffordshire Together for Carers directly for information, advice and support:

- Telephone: 0300 303 0621
- Email: youngcarers@staffordshiretogetherforcarers.org.uk
- Website: www.staffordshiretogetherforcarers.org.uk

The service can arrange support from a Young Carers Practitioner or Family Carers Practitioner and help young carers access appropriate services, groups and activities.

If you would like to sign up to the **Young Carers Newsletter**, just call or email Staffordshire Together for Carers on the above contact details. You will receive regular updates on support available for young carers and their families, upcoming activities and events, wellbeing opportunities, and news from Staffordshire Together for Carers.

Find a selection of songs, stories, games and advice from CBeebies on BBC iPlayer.

Vida the Vet: Shake Off Your Worries

A catchy song helping little ones to recognise and talk about feelings of worry and learn to shake them off. Find more Vida the vet songs to listen to: [CBeebies Radio - Vida the Vet Songs - Available now](#)

Dodge's Pup School: First Day

A reassuring story about Dodge feeling nervous, meeting new friends and discovering what his first day has in store.

Hey Duggee: The Getting Ready Song

A lively way for children to practise their morning routine through music.

CBeebies Parenting Download - Podcast:

There is a **CBeebies Parenting Download** episode featuring Minah Shannon and Dr Martha Deiros Collado exploring how confidence, communication, emotional reassurance and growing independence can all help children settle into a new environment.

Check out the podcast and full series on BBC Sounds or wherever you get your podcasts.

[BBC Sounds - CBeebies Parenting - Available Episodes](#)

[BBC CBeebies Parenting](#) have NEW resources and content to help parents/caregivers support their pre-schoolers, as they prepare to start their adventure in either early years settings or school.

Need a little support with your mental wellbeing?

The [Staffordshire Health App Finder](#) can help. This free online tool

connects you with expert-reviewed mental health apps that are designed to support your wellbeing in ways that fit your lifestyle.

From guided breathing exercises and relaxation techniques to mood-boosting activities and self-help resources, you'll find a wide range of tools to support your mental health journey.

Discover simple, effective ways to reduce stress, improve your mood, and take positive steps towards better wellbeing today.

Check out the curated children and young people mental health section: [Children & Young People's Mental Health - Staffordshire](#). You can browse by category or use the search function to find the right app for your needs. [Explore the apps](#)



Request a professional account - If you're a professional you can request a pro account. With a pro account you can create lists of suitable apps, send app recommendations direct to families and young people you're working with, and track which apps have been downloaded.

To find out more about pro accounts - email: lucy.gratton@staffordshire.gov.uk

Mental health and wellbeing calendar: autumn term 2026

Awareness days can be valuable points in the academic year to pause, reflect and focus on important issues. Anna Freud has a calendar of curriculum themes and occasions linked to mental health for the summer term, with activity ideas and suggestions for each theme.

This downloadable resource is useful with prompts for assemblies, classroom discussions or wider school and college activities.

Download your copy here: [Mental health and wellbeing calendar | Mentally Healthy Schools](#)

Anna Freud Mentally Healthy Schools website offers a wide range of free, quality-assured resources for schools and colleges. These include lesson plans, assemblies, toolkits, guidance for staff and parents/carers, resources on specific mental health needs, targeted support, and practical advice to help embed a whole-school approach to wellbeing. It's a useful hub for finding evidence-based resources to support pupils, families and education staff throughout the year. For more information check out the website: [Mentally Healthy Schools](#)

PSHE Education Services.

You can access mental health and emotional wellbeing resources through the Pan-Staffordshire PSHE Education Service's [Central Resource Library](#). It is free to register an account and there is no limit to the number of accounts an organisation can have. [Register for an account](#).

You can view their 2026-2027 [awareness days calendar here](#).

To sign up for the PSHE digest contact Natalie - natalie@staffscvys.org.uk. Details of resources and opportunities that support these key awareness dates can be found in the PSHE Digest. You can find previous editions of the [PSHE Digest issues](#).

PSHE Education Conference

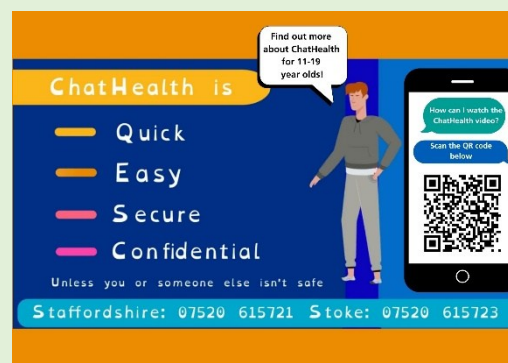
Pan-Staffordshire PSHE Conference will be taking place on 11th November at Staffordshire County Showground. The event will bring together education professionals from across the county to share best practice, hear from expert speakers, and explore the latest developments in PSHE education. Early Bird Pricing has been extended until 11th September.

Pan-Staffordshire PSHE Education Service Impact Report 2025-2026

[Impact Report 2025-2026](#) The report outlines the service's support for key local priorities, including children's mental health, early intervention, online safety, safeguarding and health literacy. In 2025-26, 71% of local education settings held a Resource Library account, 39 PSHE support visits were delivered, 10 best practice guides were produced, 282 resources were quality assured, and the PSHE Digest reached 1,259 professionals each month. It outlines the service's role in local strategies and partnerships supporting mental health, health and wellbeing, safeguarding and community safety.

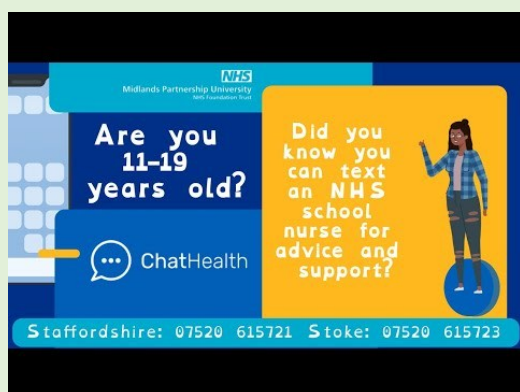
ChatHealth: Confidential Health Advice by Text

ChatHealth is a safe and confidential text messaging service connecting young people and parents/ carers with health professionals in Midlands Partnership University NHS Foundation Trust's 0-19 teams across Staffordshire and Stoke-on-Trent.



Through the service, young people (11-19) can receive a range of support for issues relating to health, emotional wellbeing, bullying, relationships, self-esteem, and sexual health. Parents and carers can also text ChatHealth to receive advice on a child's health, development, weight, and emotional wellbeing.

You can find out more about the ChatHealth service for young people by watching this short video: [ChatHealth in Staffordshire and Stoke \(youtube.com\)](https://www.youtube.com/watch?v=...)



Contacting ChatHealth (Staffordshire):

- Parents/ carers - text 07520 615722
- Young people - text 07520 615721

Contacting ChatHealth (Stoke-on-Trent):

- Parents/ carers - text 07312 277161
- Young people - text 07520 615723

Tune in to the Families Health & Wellbeing Service (0-19) Podcasts

Health Visitors and School Nurses from the Families Health & Wellbeing Service (0-19) have created a series of podcast offering trusted health advice and information for parents, carers, children, and young people to help support their wellbeing, at a time to suit them.

The episodes cover a range of health and wellbeing topics and can be accessed whenever it suits you. Episodes are available free of charge through the MPFT Podcast and can be listened to from wherever you usually get your podcasts from.

To explore the topics available and start listening today, visit the Families Health & Wellbeing Service webpage and select the 'Podcasts' tab: [Staffordshire clinics / service :: Midlands Partnership University NHS Foundation Trust](https://www.mpu-nhs.uk/staffordshire-clinics/service)



Closure of Papyrus Prevention of young suicide and HopeLine24/7

For almost 30 years, Papyrus has worked to prevent young suicide in the UK through its campaign work, education, training and direct service provision. We are enormously proud of that work and of everyone – staff, volunteers, trustees, supporters and fundraisers – who has contributed to it. The Board concluded that the charity was no longer able to continue operating.

The administrators said the charity would close with immediate effect.

Around 10 lives are prematurely lost each month to suicide in Staffordshire and Stoke-on-Trent. **#TalkSuicide campaign** aims to bring local individuals, organisations and businesses together to help prevent suicide. You can sign up at [Talk Suicide | Doing Our Bit](#) for Free training, resources, downloads, and tools.

**#TALK
SUICIDE**

Suicide Awareness & Prevention Courses, courses are **adult** or **focused on Children and young People** and are available **FREE**. To book training click on the link: [Bookings | Public Health \(staffordshire.gov.uk\)](#)



Amparo is the commissioned bereavement support service for those affected by suicide in Staffordshire and Stoke-on-Trent [Staffordshire and Stoke-on-Trent - Amparo](#)

Amparo's local Liaison Workers aim to make initial contact within 24 hours of a referral being made.

To find out more about Amparo, or to make a referral, [visit this page](#). If you're a professional and want to learn more about the Amparo service and the support offered, book onto one of the free briefing sessions [here](#).

Need urgent help? If you need urgent support, feel unable to cope, are worried about your own mental health or someone you care for, help is available.

Call your **local NHS urgent mental health helpline 24 hours a day, 7 days a week:**

North Staffordshire (Stoke-on-Trent, Newcastle, Staffs Moorlands) on **0800 0 328 728 (option 1)**. If you have a hearing impairment or are unable to use the telephone, you can text the All Age Access Team on **07739 775202** and the team will respond as soon as possible (please note: this text service is charged at your network provider's rate).

South Staffordshire (Stafford, Stone, Rugeley, Cannock, South Staffs, Lichfield, Burton, Uttoxeter, Tamworth) on **0808 196 3002**. If you have a hearing impairment or are unable to use the telephone, you can email the All Age Access Team mhsi.staffordshire@mpft.nhs.uk and the team will respond as soon as possible.

Samaritans – confidential crisis support helpline, 24 hours a day, 365 days a year – **116 123**. [Contact Us | Samaritans](#) they have email service and self-help app

Is it an emergency? If someone's life is at risk because they have seriously injured themselves or taken an overdose call **999**. If you do not feel you can keep yourself, or someone else safe from immediate risk of harm, call **999**.

Useful helplines and websites

Childnet: Provides [online information](#) for parents around supporting children with gaming at different ages.

Parents can [download their Family Agreement template](#) and find tips on using it with their family.

The Mix: Offers online information as well as helpline support to under-25s about anything that's troubling them.

[Get support](#) – discussion boards, support groups, text support and counselling is available.

Childline: If you're under 19 you can confidentially call, chat online or email about any problem big or small.

[Sign up](#) for a free Childline locker (real name or email address not needed) to use their [free 1-2-1 counsellor chat](#) and email support service.

[Can provide a BSL interpreter](#) if you are deaf or hearing-impaired.

Opening times: 24/7 [0800 11 11](#)

Tellmi: A free app for teenagers (11+) providing resources and a fully moderated community where you can share your problems, get support, and help other people too.

Can be downloaded from Staffordshire Health App finder (info below) or [google play or app store](#)

Staffordshire Health App finder has a range of trusted, clinically-reviewed apps to address a variety of mental health needs—whether it's managing anxiety, building resilience, or coping with everyday stress.

Click the link [Staffordshire health app finder](#)

We love to hear your feedback: Have you shared any websites or resources from Kind Minds with colleagues, families, children and young people. If so, we'd really like to hear about it. Tell us which resources you found useful and how you have used them. When sharing feedback from children and young people, please remember to keep it anonymised.

Please get in touch with ideas or contributions: sandra.webb@staffordshire.gov.uk

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