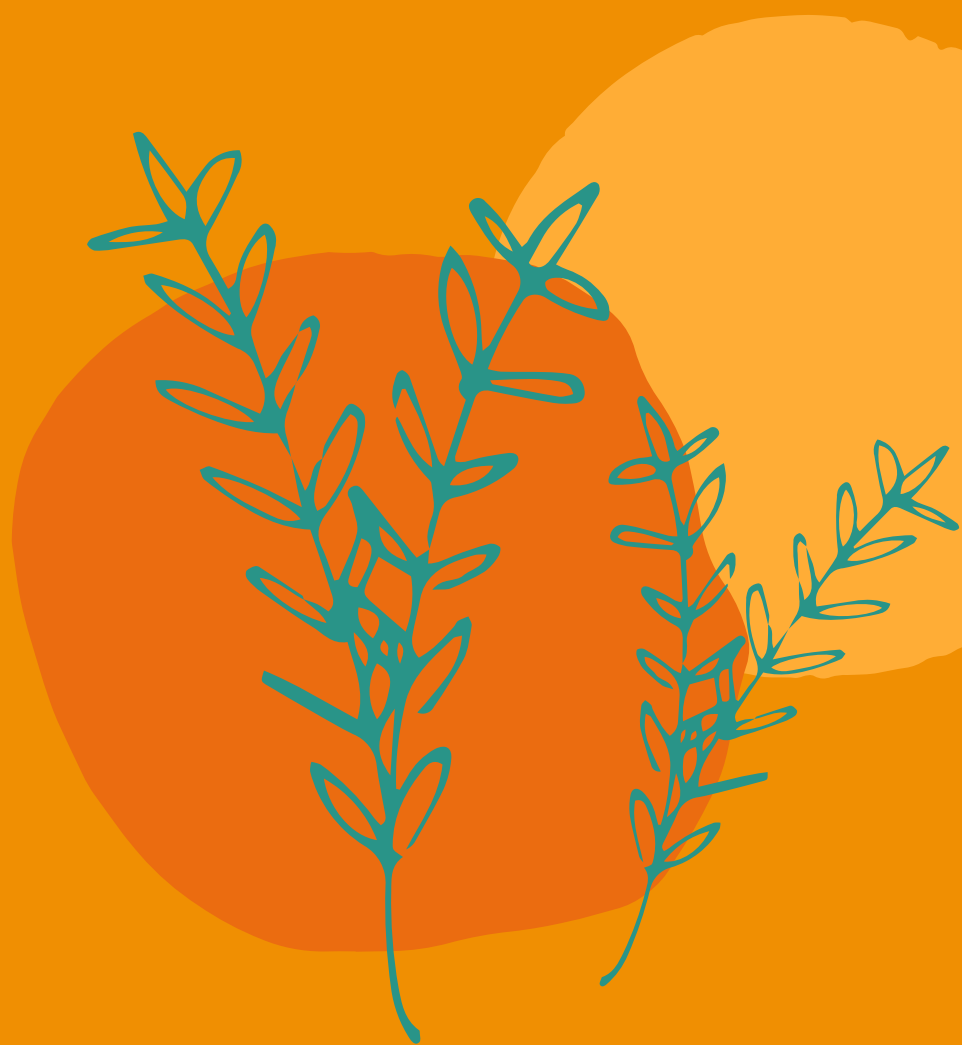



Children's Mental Health Awareness Week 2022

How to get involved



STOCKPORT
METROPOLITAN BOROUGH COUNCIL





Thank you for using our ideas pack!



On behalf of the teams at Stockport Family and the council, I'd like to thank you for getting involved with the Children's Mental Health Awareness Week on the 7-13 February.

We all know how important mental health is, especially in childhood. The council is committed to doing more to support mental health in education, and part of this involves raising awareness of all the free support for children and young people (as well as their families) available in Stockport.

There are so many ways to get involved with the Awareness Week this year. In this pack, we've included a lot of printable resources, local information and ideas.

We hope you find this useful. Please let us know how you get on by using the hashtag on Twitter - #ChildrensMentalHealthSPT

Best wishes,

Heidi Shaw

Joint Interim Director of Operations
Stockport Family – Education, Health and Care
Stockport Council
@heidishaw32



Free support in Stockport for under 18s



Available 24/7:

Go online: chat and get advice by signing up to www.kooth.com (ages 11-18)

Call an NHS mental health expert: the team at Pennine Care NHS Trust can be contacted on 0800 014 9995 (all ages)

Call Childline: 0800 1111 or visit the message boards on www.childline.org.uk (ages 0-19)

Text: if you need urgent help, text YM to 85258 (all ages)

Things that could help over the coming days and weeks:

Complete a self care plan: download a template from bit.ly/AnnaFreudP (primary school age) or bit.ly/AnnaFreudS (secondary school age)

Join a SHINE group session: meet with other young people weekly and get involved with wellbeing and creative activities. Call 0161 440 0055 or visit the website at bit.ly/shinespt (ages 11-17)

Message ChatHealth: text 0748 063 5227 or visit chathealth.nhs.uk Monday-Friday and get a response within 24 hours from a school nurse (ages 11-19)

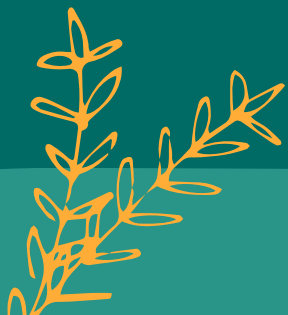
Watch the Kooth webinar: learn more about Kooth before signing up by visiting bit.ly/cypkooth and using passcode CVw8@Tk6 (ages 11-18)

Contact your GP: talk about other options, or ask to be referred to the Viaduct Wellbeing Service (ages 11+)

If you need support with LGBT issues: start a webchat with a Proud Trust youth worker by visiting www.theproudtrust.org/proud-connections (all ages)

If you need support with an eating disorder: talk to someone at BEAT by visiting www.beateatingdisorders.org.uk/support-services (all ages)

If you need urgent help: call Hopeline, available between 9am and midnight every day on 0800 068 4141 (ages 0-35)



Free apps for young people

These apps have been approved by the NHS and can be found on app stores.



Calm Harm

This app has many functions that help reduce the urge to self-harm



Catch It

Designed by the Universities of Manchester and Liverpool, this app uses psychological approaches to help you understand changes in your mood



Sleepio

An app focused on sleep improvement which has been proven to help people fall asleep quicker. Get started by searching sleepio online and taking their sleep quiz



Feeling Good

A collection of audio tracks which can help you feel better, lift your mood and recover from stress, anxiety and depression



Think Ninja

Targeting 10-18 year olds, this app teaches you how to stay in control of your emotions and works on bettering your emotional and mental health (iOS only)

Free support in Stockport for over 18s

Parenting advice and support

Call for information, advice and guidance: the Stockport Emotional Wellbeing hub can provide support for parents of anyone up to age 25. Call 0161 217 6028, available 8.30am to 5pm Monday to Thursday, 8.30am to 4.30pm on Friday

Call for urgent support: if you're concerned that a young person could be thinking about suicide, call Hopeline, available between 9am and midnight every day on 0800 068 4141

Live chat: the team at Young Minds team can provide advice and signposting for parents online. Please visit www.youngminds.org.uk/parent

Complete a course: access free online courses around pregnancy, parenting and understanding the children in your life by visiting bit.ly/stockportfamilycourse

Watch: you can also watch videos from Stockport professionals on ways families can help improve emotional wellbeing and mental health. Search for 'PACT Stockport' on YouTube

Help available for all over 18s feeling stressed, worried or low

Call: Open Door has a mental health helpline for anyone who is struggling to cope, or feels overwhelmingly low. Call 0800 138 7276 any day, any time

Visit: Open Door also provides a mental health daytime safe haven at 72-74 Prince's Street, SK1 1RJ. Drop in Monday to Friday 10am to 8pm, Saturday to Sunday 12pm to 8pm

Text: message SHOUT to 85258 to talk to someone via text any day, any time

Contact your GP: talk about other options, or ask to be referred to the Viaduct Wellbeing Service

If you need urgent help: call Samaritans on 116 123

More options can be found by visiting bit.ly/phsmh

10 ways to get involved this Awareness Week



1. Enter Stockport's creative competition #StampOutStigma: information in this pack
2. Use the [Glitter Jar Activity](#) from Now and Beyond
3. Explore the range of journalling, planning and reflection sheets from [Passion Planner](#) and [The Positive Planners](#)
4. Read a [guide on tackling discrimination](#), a key challenge that can affect mental health
5. [Fill out our survey](#) with a group of young people: the team at Stockport Family want to learn from their thoughts and experiences
6. Distribute the pages of support in this pack, which can be printed out
7. Promote the webinar series: more information is in this pack
8. Share what you get up to on Twitter, using the hashtag #ChildrensMentalHealthSPT. You can also use our [template social posts](#)
9. Fundraise for mental health charity Beacon Counselling, who supports adults, young people and children in Stockport who are experiencing mental and emotional distress. [Visit their website](#) for information on how to fundraise, or for a fundraising pack, please call 0161 440 0055
10. Take part in Place2Be's annual charity 'Dress to Express Day', which is outlined in their [fundraising pack](#)





#STAMPOUTSTIGMA COMPETITION 2022

CALLING CHILDREN IN STOCKPORT

HOW DO YOU LOOK AFTER YOUR MENTAL HEALTH?

Create a visual to show how you take care of your own emotional and mental health and #STAMPOUTSTIGMA

WHAT DO YOU DO?

WHERE DO YOU GO?

WHO DO YOU SPEAK TO?

WIN!

The opportunity to work with a professional designer to publish new content for young people's support



Registered Charity No. 1109545

Submit work:

SOS@beacon-counselling.org.uk

Include: Name, Age & School

Deadline: 1st April 2022

Free webinars for parents and professionals in February

Using emotion coaching to support anxious children



An introduction to Kooth



Support on offer from Beacon Counselling



For more information and to register, please visit www.stockport.gov.uk/events



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Thank you!

Thank you for being a part of our first Children's Mental Health Awareness Week. Please keep in touch and continue to be a part of the conversation.

You can also subscribe to Beacon Counselling news by [visiting their sign up form](#).



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