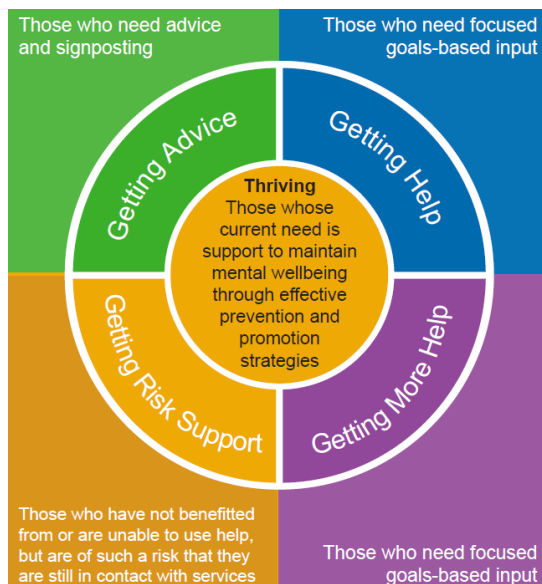


## Making Mental Health Everybody's Business

### Supplementary COVID-19 guidance to the Practitioners Guide 'Making Mental Health Everybody's Business'

The [Practitioners Guide 'Making Mental Health Everybody's Business'](#) identifies resources that are available across County Durham in relation to supporting children and young peoples' mental health and emotional wellbeing. Resources are structured around the needs-based groupings of the THRIVE model:



Additional information on the THRIVE framework is available here: [THRIVE Framework 2019](#)

**The provision outlined within the Practitioners Guide continues to be available, with processes being continually developed to improve access arrangements where possible in line with government guidance.**

The information contained within this supplementary document provides details of resources and provision **specific** to supporting mental health and emotional wellbeing due to the COVID-19 pandemic.

As is expected throughout the pandemic, [government guidance](#) can change on a regular basis. Practitioners should check the latest government guidance by clicking the link above and ensure that any families or children and young people they are supporting are aware of the latest government guidance in relation to COVID-19.

## Getting Advice – COVID-19 mental health and emotional wellbeing support

Resource	Additional Information	How to access
<p>Specialist SEND and Inclusion/ Educational Psychology Service (EPS)</p>	<p>With reference to mental health, Durham Specialist SEND and Inclusion and EPS consists of Psychologists, Advisory Teachers, Counsellors and Inclusion Support Workers. These teams will continue to offer a service throughout the coronavirus outbreak, within the context of a revised service offer. This includes:</p> <ul style="list-style-type: none"> <li>• Advice for school staff</li> <li>• Advice for non-school based professionals supporting children and young people</li> <li>• Advice for families</li> </ul> <p>Each school has a link EP and will have a Link Partner representing teams from across the specialist SEND and Inclusion services. They will provide regular contact and advice to SENCOs and MH Leads in settings</p>	<p>To contact the school's link Educational Psychologist (EP) or Link Partner: E: epsdurham@durham.gov.uk T: 03000 263 333</p> <p>It is anticipated that once these arrangements are established, direct contact between schools and service links will be possible</p> <p>Additional resources developed by the Service are available on the <a href="#">Local Offer website</a>.</p>
<p>Mental Health County and Locality Networks</p>	<p>These forums have been established to bring together services, schools and colleges to share good practice, raise awareness of local support, problem solve, practice constraints, and provide professional development support. They meet on a termly basis.</p> <p>During coronavirus restrictions the intention is to provide a half-termly newsletter to settings to signpost resources and share ideas for promoting wellbeing and resilience.</p>	<p>E: info@investinginchildren.net T: 0191 307 7030</p>
<p>Recovery College Online Mental Health Resources: Coronavirus</p>	<p>The Recovery College Online have a range of resources for children, young people, parents and carers that can help to support family's mental wellbeing during this period of uncertainty.</p> <p>Parents and carers and children and young people can be signposted to this resource to find more information.</p>	<p><a href="https://www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/">https://www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/</a></p>

<p>Anna Freud National Centre for Children and Families</p>	<p>The Schools Link Programme which is currently being rolled out across County Durham is led by the Anna Freud Centre.</p> <p>They have a suite of web pages which can provide advice for young people, parents and carers and schools and colleges to support young people through this disruption.</p>	<p><a href="https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/">https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/</a></p>
<p>Mentally Healthy Schools Anna Freud National Centre for Children and Families</p>	<p>A free toolkit with resources and tips to help address anxiety arising from these difficult times.</p> <p>This includes a booklet to support schools, videos to provide practical guidance and tips to schools, parents and carers about coronavirus and mental health, activities to ease anxiety that can be done at schools or at home and other helpful advice, helplines and resources for adults and children.</p>	<p><a href="#">Coronavirus: Resources for mental health and wellbeing Toolkit #1</a></p>
<p>Public Health England : Coronavirus (COVID-19)</p>	<p>PHE have developed an easy read guidance document for children and young people in relation to looking after their feelings and their body.</p> <p>This can be shared within children and young people being supported by practitioners.</p>	<p><a href="#">PHE: Looking after your feelings and your body Easy Read</a></p>
<p>Nosy Crow: Coronavirus a book for children</p>	<p>A free online book aimed at primary age children in relation to coronavirus developed by school staff, clinical psychology and London schools of hygiene and tropical medicine. The book is illustrated by Axel Scheffler who illustrated the well-known Gruffalo children books.</p> <p>The book could be shared with families and children and young people to give them information in relation to coronavirus via an age related media.</p> <p>It can also be emailed or printed off and included within any packs that are being distributed for those who cannot access the internet.</p>	<p><a href="#">Coronavirus: a book for children</a></p>
<p>The Autism Educator : What is the Coronavirus</p>	<p>An autism friendly book which explains the coronavirus.</p>	<p><a href="#">What is Coronavirus: Autism Friendly</a></p>

	This book can be shared with families to explain the coronavirus via an autism friendly media.	
Winston's Wish	Online resource providing advice for schools to help them to support children and young people during the Coronavirus pandemic.	<a href="#">Coronavirus: How schools can support children and young people</a>

## Getting Help – COVID-19 mental health and emotional wellbeing support

Resource	Additional Information	How to access
Durham SEND and Inclusion/ Educational Psychology Service (EPS)	<p>With reference to mental health, Durham EPS consists of Psychologists, Advisory Teachers, Counsellors and Inclusion Support Workers. These individuals will continue to offer a service throughout the coronavirus outbreak, within the context of a revised service offer. This includes:</p> <ul style="list-style-type: none"> <li>• Help for school staff</li> <li>• Help for professionals supporting children and young people</li> <li>• Staff and professional support and development</li> </ul> <p>Each school has a link EP and will have a Lead Partner representing teams from across the specialist SEND and Inclusion services. They may also have a counsellor where this would normally be the case. These individuals will provide regular contact to SENCos and MH Leads in settings, and facilitate the provision of support to children, families and staff wherever possible and appropriate.</p> <p>One Point and Children's services, SEND and Inclusion and CAMHS are working closely around planning and delivering support for vulnerable children where this is appropriate</p>	<p>To contact the school's link Educational Psychologist (EP) or Link Partner: E: epsdurham@durham.gov.uk T: 03000 263 333</p> <p>It is anticipated that once these arrangements are established, direct contact between schools and service links will be possible</p>
County Durham Together	<p>A Community Hub has been set up to support the most vulnerable people in County Durham during the Coronavirus pandemic.</p> <p>County Durham Together helps those get urgent food supplies,</p>	<p><a href="#">County Durham Together</a></p> <p>E: <a href="mailto:communityhub@durham.gov.uk">communityhub@durham.gov.uk</a> T: 03000 260 260</p>

	<p>deliveries and general help and guidance through established networks of community or volunteer groups, or from the council itself through staff volunteers.</p> <p>If people would like to volunteer to help they can also sign up via the website.</p>	
Mental Health Support Teams	<p>Although not available to all schools, the teams cover approximately 60 schools and colleges across County Durham. The team is made up of psychological therapists, senior psychological well-being practitioners and education mental health practitioners.</p> <p>The teams work with young people who experience mild/moderate mental health difficulties; anxiety, low mood.</p> <p>The work of the team is currently being carried out over the telephone or online platform dependent upon individuals need.</p>	<p>Ask the school of the child to see if they are able to access the mental health support team. The mental health lead in the school who will be able to advise if the team is currently working within the education setting</p> <p>or;</p> <p>T CAHMS Single Point of Access Tel: 03001 239 296</p>

## Getting More Help – COVID-19 mental health and emotional wellbeing support

Resource	Additional Information	How to access
Getting More Help remains the same as that outlined within the Practitioners Guide		

## Getting Risk Support - COVID-19 mental health and emotional wellbeing support

Please continue to contact crisis support for those CYPs at risk of significant harm:

Resource	Additional Information	How to access
CAHMS Crisis Team	Provide mental health support to young people (up to the age of 18) who are experiencing a crisis with their mental health. A team of qualified mental health nurses cover the whole of County Durham and Darlington, providing a 24 hour service 7 days a week, 365 days per year.	CAHMS T: 0191 441 5733
Specialist Eating Disorders Team Specialist eating disorder	service for young people up to the age of 18 who have difficulties with eating and weight. This service provides specialised multi-disciplinary assessment,	CAHMS Single Point of Access Tel: 03001 239 296

	treatment and evaluation for young people and their families and the team includes: • Doctors • Psychologist • Mental health nurses • Mental health practitioners • Dieticians	
Children's Services (Social Care)	If you are worried about a risk of significant harm to a child or young person it is essential that you share your concerns	First Contact. W: <a href="http://www.durham-scp.org.uk/professionals/">www.durham-scp.org.uk/professionals/</a> T: 03000 267 979

The [Practitioner's Guide 'Making Mental Health Everybody's Business'](#) can be access by clicking this link.