

World Mental Health Day 2020 Special Update

Trigger warning - there is a section in this update which refers to suicide!

Dear Parents' Voice Supporter

Mental health is important every day of the year and everyone has good and bad days, whatever age they are. However, October 10th is World Mental Health Day when people are encouraged to talk about mental health and lots of people/organisations do so. This year the theme is Mental Health for all - important in the current circumstances!

We have put together a list of links to information about mental health in general (and talking about it) and where parents and children/young people can access help.

General:

<https://bit.ly/HACWcamhs> - Worcestershire CAMHS (Child and Adolescent Mental Health Service)

<http://bit.ly/WHObldogdep> - World Health Organisation animation about depression

<http://bit.ly/nhsytmh1> - Mental health and wellbeing (NHS)

<http://bit.ly/28QMJq2> - Looking after your mental health (Mental Health Foundation)

<http://bit.ly/MINDed1> - MindEd

<http://bit.ly/1WBlsKv> - Depression: how poor mental health can test friendships (Blurt Foundation)

<http://bit.ly/MHFmums19> - Motherhood, friendship and mental health (Mental Health Foundation)

<https://bit.ly/AFNC7anx> - guide to 7 ways to support children and young people who are worried (The Anna Freud National Centre for Children and Families)

<http://bit.ly/T2Chknock3> - short animation about conversations about mental health

<http://bit.ly/AFCCftalk1> - You're never too young to talk mental health (Anna Freud National Centre for Children and Families)

<http://bit.ly/AFNCmhealth19> - We All Have Mental Health (Anna Freud National Centre for Children and Families)

<http://bit.ly/YMTake20> - Tips for talking with your child about mental health (Young Minds)

<http://bit.ly/A4Cbldsmnd1> - Build Sound Minds (Action For Children)

<http://bit.ly/KoothXZ2> - Kooth

<http://bit.ly/NOSmhgd20> - Supporting children's mental health, 10 conversation starters for parents (National Online Safety)

<http://bit.ly/1OMKNia> - Taming and tending your meerkat brain, TEDx talk (Jane Evans)

<http://bit.ly/cwmtdep> - A Parent's guide to depression (Charlie Waller Trust)

<https://bit.ly/NHSemmch> - Looking after a child or young person's mental health, NHS Every Mind Matters

<https://bit.ly/BLRTanxex> - Anxiety, why we're so exhausted (The Blurt Foundation)

<http://bit.ly/nspmhs4> - Depression, anxiety and mental health (NSPCC)

<http://bit.ly/2calmharm2> - Calm Harm, award-winning app to help resist/mange the urge to self-harm

Selfcare:

<https://bit.ly/AFNCscycpc> - Selfcare toptips for young parents and carers, Anna Freud National Centre for Children and Families

<https://bit.ly/BLFslfcrch> - 15 self-care ideas for children (The Blurt Foundation)

<http://bit.ly/blurtnews8> - Selfcare for when the news is terrifying (The Blurt Foundation)

Coronavirus:

<https://bit.ly/GOVmhcov> - Government information about looking after your mental health and wellbeing during coronavirus

<https://bit.ly/BLURTCov> - Coronavirus and your mental health, (Blurt Foundation)

<https://bit.ly/MHFparc0v> - Parenting during the coronavirus outbreak (The Mental Health Foundation)

<https://bit.ly/MHFc0vyp> - guide for young people about coping with coronavirus, updated 11th September (The Mental Health Foundation)

<http://bit.ly/BLURTCovhh> - Coronavirus helpful hub (The Blurt Foundation)

You can find a post about looking after your family's mental health during coronavirus on our website: <https://bit.ly/PVmhc0v>. Our coronavirus page also has several links to information about mental health: <https://bit.ly/PVusecv2>.

Suicidal thoughts:

There are a number of apps which young people are using to stay safe from suicidal thoughts, listed by Papyrus here: <http://bit.ly/PAPwell1>

Papyrus "Spot the signs" information and films includes conversation starters and what to do next if you're worried about someone: <http://bit.ly/PAPspsign1>.

MIND has information about supporting someone who has suicidal thoughts: <http://bit.ly/MINDscd1>

The Blurt Foundation lists 9 things you can do for someone who's having suicidal thoughts: <http://bit.ly/BLsuicth9>

Bullying UK/Family Lives has info about bullying and suicide: <http://bit.ly/buksuic1>

The Charlie Waller Memorial Trust has a parent's guide to depression: <http://bit.ly/cwmtdep>

Helplines etc:

<https://bit.ly/YMh3lplist> - list of helplines & websites, (Young Minds)

The Shout Crisis Text Line is available 24/7 - text SHOUT to 85258 for any emotional/mental health crisis.

Young Minds Crisis Messenger Service is there 24/7 for anyone up to the age of 25 experiencing a mental health crisis: <http://bit.ly/YMcrisis5>.

The Papyrus HopeLine is open 9am - 10pm weekdays and 2pm - 10pm weekends and bank holidays: 0800 068 4141.

The Samaritans' number is free 116 123 or email jo@samaritans.org (there is also a self-help app available from the website: <https://www.samaritans.org/>)

That's all for this update, thank you for reading it!

You are welcome to share this email (or parts of it) with your friends or groups, but please mention that it came from Parents' Voice if you do, thanks.

Thank you for your continued support in 2020, we really do appreciate it :)

Sue and the Parents' Voice Committee

Parents' Voice - Worcestershire

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