

EMOTIONAL WELLBEING & MENTAL HEALTH

In Northumberland, there is a group of people that decides what kind of help can be offered to children and young people to support them with their emotional wellbeing and mental health. They would like to share some ideas with you and to hear your views.



Children and young people tell us:

There is more pressure on children and young people's emotional and mental health at the moment. There have been lots of changes that have affected us, such as anxieties caused by lockdowns, closure of schools, isolation from peer groups, bereavement, and the stresses and pressures on families are all contributing factors. Do you agree?



What are we doing?

We've put together a plan to make things better and make sure children and young people get the right support at the right time.



What do you think?

We are seeking your views on some of these changes so that this group can make sure that different types of help are available at different times depending on needs.



THRIVING



We hope that all children and young people in Northumberland can learn how to feel confident to talk about their wellbeing and mental health and to know how to look after their emotional wellbeing.

1

EMPOWERING

We will deliver training to practitioners to help children and young people to look after their wellbeing. This includes those with additional needs such as ASD/ADHD.



2

SELF-HELP

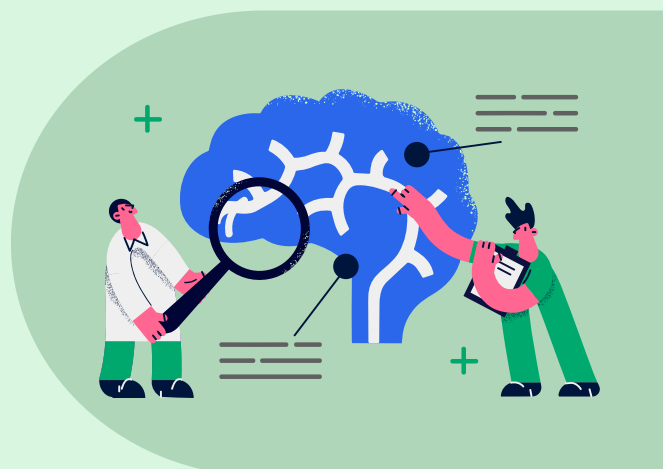
We will make sure they can access early self-help advice in person or online, such as the Kooth app that is free for all children and young people in Northumberland.



3

UNDERSTANDING

We will raise awareness of the needs of children and young people with additional needs such as ASD/ADHD.



COPING

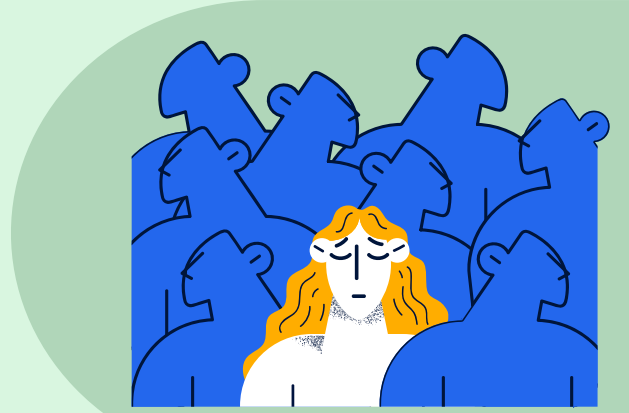


We also want all children and young people to be able to cope with life's ups and downs and we will show them ways to do this.

1

SPOTTING THE SIGNS

We will provide training to practitioners to spot the early signs of difficult life events such as trauma.



2

LET'S GET MOVING!

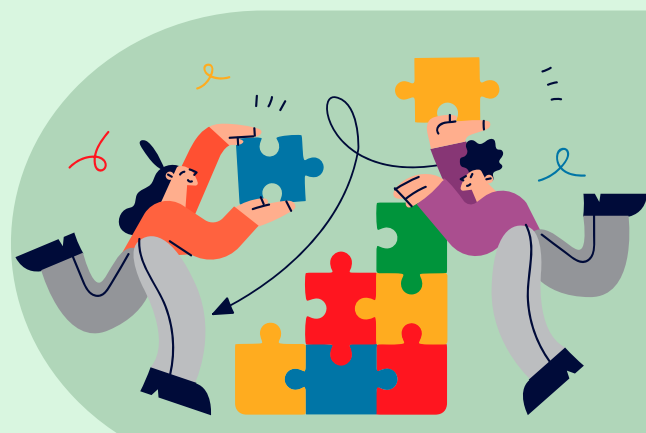
We are looking at providing more physical activities to support children's and young people's mental health and wellbeing.



3

TEAMWORK

We will work together with professionals across education, health, social care, voluntary and community settings so even more people can help you.



GETTING HELP



Some children and young people may need 'some more help' as well as providing support in person or online to help with anxiety or low mood.

1

IN YOUR COMMUNITY

Mental health workers will work in Family Hubs near your home to make this help easy to access. There are lots of activities there for young people of all ages and their families. You can find out more on Northumberland County Council's website.



2

IN SCHOOLS

We will provide help at school from the Be You Mental Health School Teams and we hope to develop this into more areas. This help offers 1:1, group work, advice on the right support and extra support for schools.



3

GROWING UP

We will make sure young people continue to get the support they need as they get older with children's services and adult services working together.



GETTING MORE HELP



Some children and young people may need 'even more specialist help.'

1

EARLY HELP

We will provide more extensive and specialised training with a group made up of different types of mental health workers - called an MDT or multi-disciplinary team - to get help earlier for those who need it.



2

EXPERT SUPPORT

We will develop the role of the Northumberland Emotional Wellbeing Support Team (NEWST) for those children with a social worker and those who may have extra difficulties at home



3

SPEAKING OUT

We will inform young people about their rights so your voice is heard and you have the confidence to speak out.



GETTING RISK SUPPORT



Some children and young people may need help to keep their mental health and others safe and we will provide support for children and young people who may be at risk.

1

SPECIALIST TRAINING

We will work with crisis services including the NHS and police to increase awareness of young people's mental health needs and risks they may face, such as child exploitation.



2

24 HOUR SUPPORT

We will provide 24-hour access for all those children and young people who require more intensive support and intervention in order to establish an immediate safety plan.



3

THRIVE

We will further develop services and joint responses for children and young people with very complex needs so that everyone gets the support they need to thrive.



Have
your say!

**Northumberland's
Emotional Wellbeing and Mental Health
Strategy for Children and Young People
2022 - 25**

Have your say!
[CLICK HERE](#)

