



# LINK NEWSLETTER

LINK - Working together for CYP Mental Health

January 2022 - Vol 46



**LINK**

Working together for CYP mental health

## Hello from LINK!

We hope you have all had a lovely Christmas Break and are enjoying the New Year so far! This edition of the LINK Newsletter includes signposting to resources around building healthy habits, advice around struggles that a young person who identifies as LGBTQI+ may experience and finally, a webinar to help parents understand their toddler's development and behaviour.

Best wishes, The LINK Team



## POINT 1

Point 1 is available for referrals and telephone support for young people and their families.

Families can get in touch via phone by calling 0800 977 4077

If you wish to make a referral, please fill in the referral form, which you can access [here](#) and send to:  
point1  
@ormistonfamilies.org.uk



## Building Healthy Habits

Mentally Healthy Schools have released a toolkit to help both young people and staff members develop healthy habits over 2022. They have split the toolkits into two separate toolkits, with one aimed at primary settings and one aimed at secondary settings. To learn more [click here](#).

## Toddler Tears, Tantrums and Expected Behaviours

Just One Norfolk are hosting a free Webinar on the 27th January at 7pm for parents of 0-5's to learn about all the normal behaviours that they should expect from their toddler and how to manage challenging behaviour. To find out more and book a place [click here](#).

## LGBTQI+ Mental Health

LGBTQI+ young people are over two-and-a-half times more likely to have a mental health problem as those who identify as heterosexual.

To help with this, the Anna Freud Centre have developed a new resource that can be useful for both professionals and young people. The resources explores some of the important topics around being part of the LGBTQI+ community. To access this resource, [click here](#).

A graphic of a spotlight beam shining from the top left corner onto the text 'SPOTLIGHT ON'. The beam is yellow and tapers towards the text. The text is in a bold, orange, sans-serif font. The background is a white square with an orange border and diagonal lines.

## SPOTLIGHT ON

We would love to hear about the amazing work happening in your settings to support emotional wellbeing. Feel free to share resources, activities, websites, displays or ideas to support mental health. Send your stories to: [linkwork-point1@ormistonfamilies.org.uk](mailto:linkwork-point1@ormistonfamilies.org.uk)

### Specialist Training Sessions

We have the first of our upcoming specialist training sessions beginning this week, but don't worry you haven't missed out yet. Please [click here](#) to find out what sessions are happening and to sign up. We look forward to seeing you there!



Youth in Mind is a project that brings together children and young people with an interest in mental health and wellbeing. The project gives young people the opportunity to have their voice heard and impact the services available to them. If you wish to find out more, they have a newsletter that is [available here](#).

**YOUTH  
in mind**

Shaping mental health  
services in Norfolk  
and Waveney

## Champion Checklist

We know that it can feel like a never-ending to-do list when it comes to actions you can take to support emotional wellbeing in your setting. Every two weeks, we will share a practical step that you can take to support the mental health of children, young people and staff in your settings.



Host a refresher for staff in the New Year. Use the videos available on our website to teach colleagues about support available. Log in [here](#) using the username: mentalhealthchampion and the password: Linknorfolk18