



LINK NEWSLETTER

LINK - Working together for CYP Mental Health

February 2022 - Vol 48



LINK

Working together for CYP mental health



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



Hello from LINK!

This week we bring you information about two new services launching in the county as well as a resource to remind you to look after your own wellbeing. We hope you have a good week and are enjoying the short bursts of sunshine!

Best wishes, The LINK Team

New Service: NIDAS

Domestic Abuse in a household can have a profound impact on a child's mental health. That is why we are happy to see that last month the Norfolk Integrated Domestic Abuse Service (NIDAS) was launched for those assessed as being at high to medium risk of harm. They also offer dedicated support to children and young people who are being impacted by domestic abuse. To find out more about this new service, you can visit the website [here](#).

Friendly February

We do not wish for you to forget about about your own wellbeing and Action for Happiness is a great place to go. Action for happiness create monthly calendars to enhance your wellbeing with daily tasks to help you achieve this goal and a different focus every month. This month is Friendly February and we really encourage you to give it a go, it makes a much bigger difference than you think. To access the calendar for this month [click here](#).

Cup-O-Tea

Do you know a young person who is on a mental health waiting list and lives in the Breckland area? If so, Breckland council have just funded Cup-O-Tea to work for up to four months with families in this position. If you wish to find out more about this offer, please visit [Cup-O-Tea's website](#).



Self-Harm Handout

A continuation of the series of handouts we have made to assist you all when supporting young people. This handout focuses on self-harm including actions you can take, signposting, recognition of symptoms and an explanation behind the cause of self-harm. We have created three different versions for primary, secondary and healthcare so that all your needs are covered. Please click on the links below to access the handouts.

Primary

Secondary

Health

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.



This week, utilise everything you have learnt about mental health to organise an activity to raise awareness for Children's Mental Health Week