

Issue 14:
November
2022

'Kind Minds' Newsletter



**Children and young people's mental health and emotional wellbeing
Staffordshire**

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please get in touch with ideas, contributions or to be added to the distribution list:



louise.andrews-gee@staffordshire.gov.uk

Kind Minds feedback



We received some feedback from a professional, who received Kind Minds Issue 13 (September 2022), which we wanted to share with you:

"Kind Minds pinged into my inbox this Friday morning, and although I don't know which piece of work to start next, I thought I'd give myself 10 minutes to read it. I have got to put my hands up, I don't always read it, but I always forward it to other partners.

Well, that was 10 minutes was so valuable to me, personally and professionally!

I have a son who is transgender, so I booked myself onto the LGBTQ+ children and young people's mental health webinar (promoted in the Kind Minds newsletter). My son also has autism and anxiety, and the article in the newsletter about the Digital Dynamic Support Register (DSR) and the support they offer was so helpful and just what I need!

I have also thought about how I might use the information in the newsletter in a more efficient way in my work.

I am sure that there are a lot of you out there who don't give yourself time to read "stuff" that pings through. Allow yourself that 10 minutes - it's really worth it. Kind Minds is brilliantly written, with loads of information, with a summary at the end of all the information (brilliant for me!).

Thank you for Kind Minds!"

Feedback from professional, about Kind Minds Issue 13 (Sept 2022)



UPDATE: Network Meetings for Senior Mental Health Leads in Schools



The Senior Mental Health Leads (SMHL) Network continues to grow. The Network is now open to Mental Health Leads in schools, post-16 education settings and alternative education providers.

The termly Network meetings provide an opportunity to share information, resources and best practice as well as offering Mental Health Leads an opportunity to come together for support and to share ideas.



If you are a Mental Health Lead in a school, post-16 education setting or an alternative education provider and have some examples of good work that you have been doing to support students and / or staff mental wellbeing, **we would love to hear from you!**

There are always opportunities at the Network meetings to share real-life examples of good practice and we can also offer extended time on the agenda if there are projects or initiatives that you would like to discuss in more detail.

If you think you have something which would be of interest to your Mental Health Lead colleagues, and you'd like to share at a Network meeting, please contact Becky Murphy:



Staffordshire schools / settings: becky.murphy@staffordshire.gov.uk

SMHL in Education Network meeting dates have now been set for the academic year 2022 / 23:


Date	Time	Districts
Autumn Term 2022		
Tues 15 th Nov 2022	07:45 - 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Weds 16 th Nov 2022	16:00 - 17:00	
Tues 29 th Nov 2022	07:45 - 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Weds 30 th Nov 2022	16:00 - 17:00	
Spring Term 2023		
Tues 14 th Feb 2023	07:45 - 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thurs 16 th Feb 2023	16:00 - 17:00	
Tue 7 th Feb 2023	07:45 - 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)




Thurs 9 th Feb 2023	16:00 – 17:00	
Summer Term 2023		
Tue 13 th Jun 2023	07:45 – 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thurs 15 th Jun 2023	16:00 – 17:00	
Tues 20 th Jun 2023	07:45 – 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thurs 22 nd Jun 2023	16:00 – 17:00	

All meetings will take place via Microsoft Teams. If you are already on the distribution list for these meetings, you will be sent a Teams link to allow you to join the meeting and an agenda nearer the time.

If you are a SMHL in a school or within an education setting, and would like to be added to the SMHL Network distribution list, please email:

 Staffordshire schools / settings: becky.murphy@staffordshire.gov.uk

 Stoke-on-Trent schools / settings: heather.griffiths@stoke.gov.uk

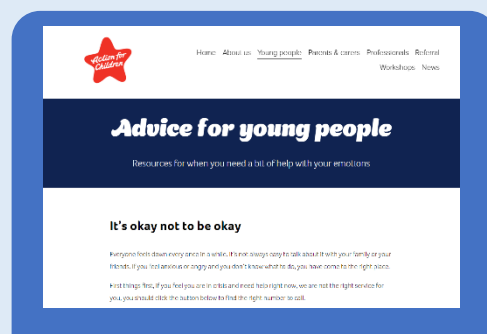
UPDATE: Action for Children Staffordshire emotional health and wellbeing service

Action for Children's Staffordshire Emotional Health and Wellbeing Service website has been relaunched with more information, advice and guidance for young people, parents / carers, and professionals.

Not only can you self-refer from the website, but there is now information, tips, ideas and videos to support the emotional health and wellbeing of children and young people.

Please visit our revamped website:


 <https://www.staffordshire-ewb.actionforchildren.org.uk/>




Referrals and waiting times update

At Action for Children, we are working hard to reduce our waiting times and get support for children and young people as soon as possible.

And while our wait times vary, depending on the type of support session needed, our current **average** wait times are:

 Referral to assessment: 13.7 days

 Assessment to intervention: 26.5 days

I made the referral last week 29th July and received an email acceptance on the 3rd August and today 5th August I received a phone call from Amanda for further discussion . I cannot begin to tell you how much this really fast and efficient response is appreciated and beneficial for our young person, and we just await now for a call to arrange the sessions. Fantastic !

Feedback from referrer to Action for Children


Our prevention and early intervention work update

Our workshops for professionals have started to be delivered both virtually and face to face, incorporating emotionally based school avoidance, understanding teenagers and anxiety, autism and neurodiversity.

The new school year has allowed us to resume our work in schools, delivering whole class approaches, supporting prevention and early intervention. We have a busy time ahead, with lots of school bookings. We have recognised the increase in emotionally based school avoidance and a need for specific support. We have developed and introduced our workshop to help parents and carers gain an understanding of how to support their children and we are working with schools to offer guidance around reintroducing young people back into a school environment.

How to get in touch

Remember, to check the progress of a referral or to update us on any changes please contact the Action for Children Staffordshire emotional health and wellbeing service at:

 01782 977 877

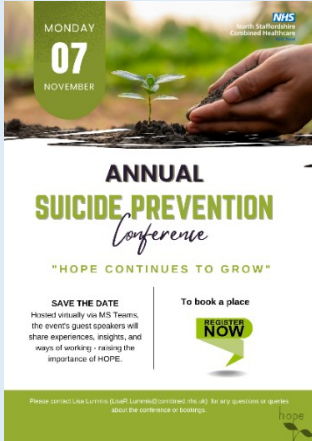
 Staffordshire.EWB@actionforchildren.org.uk

To make a new referral, please visit our website:

 <https://www.staffordshire-ewb.actionforchildren.org.uk/>



Combined Healthcare to host Annual Suicide Prevention Conference



Hosted by North Staffordshire Combed Healthcare NHS Trust this year, the annual Suicide Prevention Conference takes place on Monday 7 November 2022, online via MS Teams.

This year's theme is on 'HOPE' and how the

community works together to reduce the risk of suicide in our local area. The conference will focus on how the NHS, voluntary sector, charities and public health all work together the support people, and will feature many leading guest speakers.

For more information and to book your free place at the conference, please visit our website:

<https://www.combined.nhs.uk/combined-healthcare-to-host-annual-suicide-prevention-conference/>

New stakeholder newsletter out now for Community Mental Health Transformation Programme

As part of the [Community Mental Health Transformation Programme](#), the new stakeholder newsletter is out now, featuring a focus on Young Adults, as well as other latest news and updates.



For a copy, please visit our website:

<https://staffsstoke.icb.nhs.uk/our-work/mental-health-2/adult-mental-health/>



New Reading Well for Teens collection

A new Reading Well for Teens collection is now available in libraries. The scheme supports the mental health and wellbeing of teenagers aged 13-18 years, providing information that enables teens to better understand their feelings, handle difficult experiences and boost confidence.

The list is an update to the 2016 Reading Well for Young People (Shelf Help) scheme, focussing on supporting young people's wellbeing in a post-pandemic context. It is evidence-based, follows clinical guidance and the collection has been chosen and endorsed by leading health professionals and co-produced with teenagers.

The booklist includes a wide range of formats to support access for different reading levels.

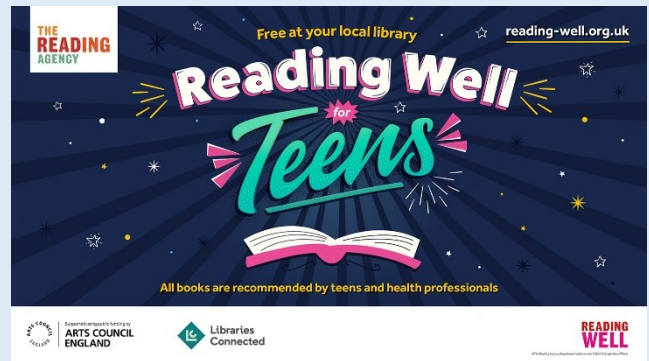


The Reading Agency is developing a number of resources for schools including:

- Overview of the titles
- Assembly presentation
- Interactive digital leaflet
- Classroom resources

These will be accessible from the Reading Agency website, here:

 <https://readingagency.org.uk/>



Your library has a host of great services and events for you. Find out more here:

 <https://www.staffordshire.gov.uk/Libraries/libraries.aspx>

School Nurse Virtual drop-in for parent / carers and young people



School Nurses work with children, young people and their families to help improve their physical and / or emotional health and wellbeing.

School nurses can help with a wide range of issues including general health queries, emotional health concerns and can offer advice on parenting and behaviour strategies.

When: Every Thursday, including school holidays, between 15:30-16:30pm

Where: Your mobile / device and a quiet place to chat

How: Scan the QR code or type to short URL into your browser:



mpft.live/schoolnurse



Free pregnancy tests for under-25s

Free pregnancy tests are being made available in pharmacies across Staffordshire, as part of the Sexual Health Services provision.

The aim is to provide access to pregnancy tests for young people (aged under 25) and other women who may be at greater risk of unplanned pregnancy.

Pregnancy tests are accessible through referral using the attached QR code and the person will receive a code to take into the participating pharmacy. A full list of pharmacies offering the service can be found at:



<https://www.1centralhealth.co.uk/staffordshire-sexual-health-services>

Tests are 'take away' and it is the expectation that the referrer will offer support with any results from the test.





Mental Health Support Teams - video

Please find a link below to a video which has been produced to promote the support provided by Mental Health Support Teams (MHSTs).

This video has been filmed by the Hull Health and Care Partnership Team and features a young person, Sam, discussing her experience of working with a MHST to seek support for her anxiety. It also features an Education Mental Health Practitioner (EMHP), as well as the school including manager.

This video shows the importance of whole school / college approaches to mental health and wellbeing and partnership working.



Click to open the video on YouTube:

<https://www.youtube.com/watch?v=4oAFVbFpgf4>





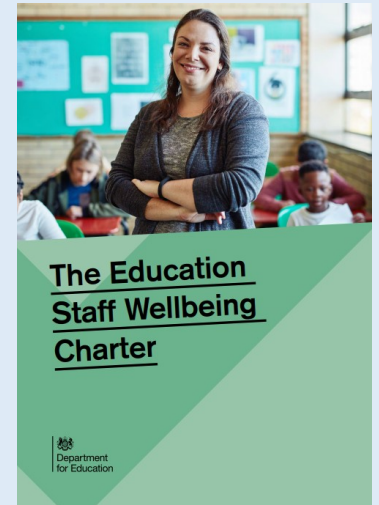
Department
for Education

Guidance - Education staff wellbeing charter

The education staff wellbeing charter is a declaration of support for and set of commitments to, the wellbeing and mental health of everyone working in education.

The [education staff wellbeing charter](https://www.gov.uk/guidance/education-staff-wellbeing-charter) sets out the actions that government and other organisations, including Ofsted, will take to improve the wellbeing of staff in schools and college.

<https://www.gov.uk/guidance/education-staff-wellbeing-charter>



Continuous professional development (CDP)

A [mental wellbeing training module](https://www.gov.uk/guidance/teaching-about-mental-wellbeing) is available to help subject leads and teachers understand what they should teach and improve their confidence in delivering mental wellbeing as part of the new curriculum.

This training module support the physical health and mental wellbeing section of the statutory relationships, sex and health education curriculum.

<https://www.gov.uk/guidance/teaching-about-mental-wellbeing>



Queer Futures 2 - "What Works?" microsite



Queer Futures 2 are pleased to announce that their "What works? To improve LGBTQ+ Young People's Mental Health" microsite is now live!

<https://queerfutures2.co.uk/what-works/>

The "What Works?" model and microsite is intended to support service development, as well as inform LGBTQ+ young people about their rights and what they might expect from a mental health service.

There is a webinar on **Tuesday 15 November at 12pm**. During the webinar, Queer Futures 2 will share the findings about "What works?" to support the mental health and wellbeing of LGBTQ+ young people.

Book your place on this webinar at EventBrite, here:

<https://bit.ly/3rHnWLN>





Spotlight on... self-help tools, information and guidance



At Action for Children, we understand it can be difficult waiting for support after being referred to services. We are committed to seeing children and young people as soon as possible, and we are working very hard to reduce our waiting times to a minimum. The length of time a young person will wait for support will depend on the specific treatment and needs, as well as the demand for services and staffing.

With this in mind, Action for Children offer a number of **self-help tools, information advice and guidance and signposting** both in the letter sent to young people and in the assessment phone contact when the referral is accepted into the service.

We would urge all children and young people to access the self-help support whilst waiting or their support workshops or sessions, as this will enable them to get help with their difficulties at the earliest point, and to maximise the benefits from their sessions.

Some examples of these self-help tools are:

SilverCloud

SilverCloud has a variety of online support programmes available for self-sign-up, for young people aged 16+ around difficulties such as anxiety, stress, body image. There are also modules for parents / carers supporting anxious child / teen.

To self-sign-up for this option, please visit:

<https://actionforchildren.silvercloudhealth.com/signup/>

Build Sound Minds

Build Sound Minds gives you lots of advice you can try, along with support you can access.

Please visit: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/>

Parent Talk

Action for Children have a 'live' parenting service which can be accessed via our website <https://actionforchildren.org.uk> and click on 'Parent Talk' where you can talk online to a parenting practitioner.

Our Service website has many self-help guides and resources to help with a wide range of difficulties:

 <https://www.staffordshire-ewb.actionforchildren.org.uk/>



Myth-busting...Family Action and Action for Children: similar named services, but different services!



Staffordshire's children and young people's mental health system partners are all working hard to make sure young people, families and professionals know where to get advice, support and help for young people's mental health and emotional wellbeing needs. We all want children and young people to access the right help, at the right time.

Recently, there have been a small number of referrals for individual young people being made to multiple services, to address the same needs. We have also noticed that a small number of referrals for support appear to be going 'astray' and ending up with the wrong service.

Family Action and Malachi

The Family Support and Outreach Service is a Staffordshire County Council commissioned service, provided by Family Action and Malachi. Family Support Workers are able to provide support for children and young people from 0-19 years and up to 25 years for those with Special Educational Needs and Disabilities. They can also help parents and carers with vulnerabilities they may be having, which are affecting family life.

By working with the 'whole family', examples of support include:

- Parenting skills and strategies
- Building healthy relationships
- Staying safe in the community
- Building confidence and self-esteem
- Child development
- Building positive relationships between home and school
- Housing and financial issues
- Access to local services and facilities



For more information on Family Action and Malachi, and how to refer, please visit Staffordshire Connects:

 [*Staffordshire Family Support and Outreach Service | Staffordshire Connects](#)

Action for Children's emotional health and wellbeing service



The Staffordshire emotional health and wellbeing service is a Staffordshire County Council commissioned service, provided by Action for Children. The help they offer is based on listening to children, young people and their families. Together, they talk about what the problem might be and explore new solutions to make positive changes.



This service is for children and young people who live in Staffordshire, are aged 5-18 years (or aged up to 25, if they are care experienced or have a Education and Health Care Plan (EHCP)), experience emotional health difficulties and need support to improve their wellbeing.

The Staffordshire emotional health and wellbeing service, provided by Action for Children, offers a range of support based on what the child or young person needs. This includes:

- Direct Support (one to one therapy, group support sessions)
- Digital Support (online therapy, information and advice)
- Intensive Support (targeted support, support for foster carers / parents)
- Prevention and early intervention (community events, specialist training)

For more information on Staffordshire's emotional health and wellbeing service, provided by Action for Children, and how to make a referral, please visit:

 <https://www.staffordshire-ewb.actionforchildren.org.uk/>

Please visit Staffordshire Connects to search and find help and support in your community:

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page>

You can also find our 'children's mental health support pathway' on Staffordshire Connects:

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=0rWBovMeR5E>



Staffordshire Safeguarding Children Board
- sign up for their newsletter

Staffordshire Safeguarding Children Board website has a wealth of useful information, advice, procedures and guidance, and a learning zone. You can even find previous issues of Kind Minds!

Keep up to date with the latest news via their monthly newsletter. Please sign up to receive the monthly newsletter here:

 <https://www.staffsscb.org.uk/>





Anti-Bullying Week 2022: Reach Out



Anti-Bullying Week 2022 is taking place from 14 to 18 November and has the theme of Reach Out. The theme of Reach out came about following consultation with teachers and pupils by the [Anti-Bullying Alliance](#), which coordinates Anti-Bullying Week every year in England and Wales. Teachers and children wanted a theme that empowers them to do something positive to counter the harm and hurt that bullying causes.

- Bullying affects millions of lives and can leave us feeling hopeless. It doesn't have to be this way. If we challenge it, we can change it, and it starts by reaching out.
- Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know if being bullied.
- It doesn't stop with young people. From teachers to parents, influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.
- It takes courage, but it can change lives. So, this Anti-Bullying Week, let's come together and reach out to stop bullying.



Access free primary and secondary school packs, get involved in Odd Socks Day at school and find loads of information at the Anti-Bullying Alliance:

<https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2022-reach-out>



The official primary and official secondary packs for Anti-Bullying Week 2022, including lesson plans, assembly plans, posters and more is available from Mentally Healthy Schools, here:

Primary pack: <https://mentallyhealthyschools.org.uk/resources/anti-bullying-week-2022-primary-school-resource-pack/>

Secondary pack: <https://mentallyhealthyschools.org.uk/resources/anti-bullying-week-2022-secondary-school-resource-pack/>



BBC Teach have designed a Live Lesson to mark Anti-Bullying Week, with resources to accompany the Live Lesson, available here:

<https://anti-bullyingalliance.org.uk/anti-bullying-week/school-resources/bbc-teach-lesson-anti-bullying-week-2022>






Mental Health in Schools: free webinars & the role of leaders in supporting positive wellbeing

Explore the roles and responsibilities school leaders have in supporting mental health and wellbeing in their educational setting. You'll hear about the principles behind implementing a whole school approach to mental health and will be provided with practical tools and guidance. These free webinars are suitable for leaders working in a range of educational settings and who have an interest in mental health and wellbeing.

Each webinar will be led by an expert and consists of a presentation followed by a Q&A session with the presenter(s), where you'll have the chance to raise questions live with our experts on mental health in education.


Register to watch our webinars on our website and register your place:

 <https://tavistockandportman.ac.uk/study/digital-academy/webinars/mental-health-in-schools-the-role-of-leaders-in-supporting-positive-wellbeing/>

Upcoming webinars:


1. [Mental Health in schools: leadership and wellbeing in early years](#)

Tuesday 6 December, 4-5pm - promoting the social, emotional and mental health of children and adults in early years settings. Register your place:

 <https://tavistockandportman.ac.uk/events/mental-health-in-schools-leadership-and-wellbeing-in-early-years/>


2. [Mental Health in schools: leadership and wellbeing in primary settings](#)

Tuesday 7 Feb 2023, 4-5pm - anxiety and how it presents within school, or through school avoidance. Practical ideas for making primary schools feel like a safe space for learning. Register your place:

 <https://tavistockandportman.ac.uk/events/mental-health-in-schools-leadership-and-wellbeing-in-primary-settings/>

3. [Mental Health in schools: leadership and wellbeing in secondary settings](#)

Tuesday 25 April 2023, 4-5pm - the range of mental health and wellbeing challenges presented in secondary settings and how students, and staff, can be supported with these. Register your place:

 <https://tavistockandportman.ac.uk/events/mental-health-in-schools-leadership-and-wellbeing-in-secondary-settings/>





The Association
for Child and Adolescent
Mental Health

FREE webinar on 'Emotionally based school avoidance'

This FREE webinar on **Wednesday 30 November 2022**, 3.45pm - 5pm looks at Emotionally based school avoidance (EBSA), a term used to describe young people who have difficulty attending school due to emotional needs.

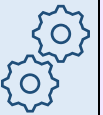
Learn effective ways to help children and young people who have this difficulty, including examples from Dr Cat Halligan and Jemma Michelson, who have developed and delivered the Royal Free Children's Hospital School's 'LinkEdUP' online reengagement programme. This is aimed at young people who are struggling to attend mainstream school post COVID due to medical needs, complex trauma and / or social, emotional and mental health issues.

If you would like to attend this free webinar, please register via this link:



<https://www.acamh.org/event/school-avoidance/>

NEW: Resource round-up



Free online one to one mental health support

The Schools & Colleges Early Support Service (a partnership between the Anna Freud national Centre for Children and Families and MIND) are offering FREE online mental health support for young people aged 11 years upwards. Schools must register their interest by **Friday 11 November**. Schools and colleges can register their interest here:



<https://schoolsandcollegessupportservice.org/>

Anna Freud Classroom Wellbeing Toolkit for Secondary Schools

There is a new toolkit for secondary schools sharing practical steps to promote and support mental health through everyday interactions with students. Download your toolkit here:



<https://www.annafreud.org/schools-and-colleges/resources/classroom-wellbeing-toolkit/>



Guide - Talking with families about parental relationships: Practical tips and guiding questions

The Early Intervention Foundation have produced a short guide providing practitioners and leads in local areas with practical tips to talk to families about parental conflict, and how to alleviate negative feelings about relationship support. Download the guide here:



 <https://www.eif.org.uk/resource/talking-with-families-about-parental-relationships-practical-tips-and-guiding-questions>

Action for Happiness' monthly calendar



Download the [New Ways November](#) calendar. Action for Happiness produce one calendar each month, available in 30+ different language, which are packed with daily ideas for happier living. Visit their website at:

 <https://actionforhappiness.org/all-calendars>



Training and Learning Opportunities



Young People and Mental Health - specifically for young people!

Designed for young people, you will learn how to identify and manage mental health problems as a young person and the best practice to improve your mental health with this FREE two-hour course. There's personal stories, quizzes, and short assignments to help develop techniques to manage and improve mental health.



Visit: <https://www.futurelearn.com/courses/young-people-mental-health>



Understanding Anxiety, Depression and CBT

Improve your understanding of depression and anxiety and find out more about an effective and evidence-based treatment: CBT.

Over this FREE five-week course you will explore what it means to have anxiety or depression and how they are identified. The course will also demonstrate the leading evidence-based treatment: Cognitive Behaviour Therapy.

Visit: <https://www.futurelearn.com/courses/anxiety-depression-and-cbt>



Suicide Awareness & Prevention Course



We need ordinary people (like you) to be more aware of the signs that someone is at risk of suicide and able to help them get the support they need.

There are a number of funded places on suicide prevention training courses across Staffordshire and Stoke-on-Trent.

Developed by North Staffordshire MIND, the half-day online training course has been designed to:

- Help you recognise the signs that someone may be at risk
- Train you to use a simple 4-step suicide intervention
- Share information with you about local support services

Search for available dates and book your place on the training here:

<https://www.staffordshire.gov.uk/DoingOurBit/Get-Inspired/Health-and-wellbeing/TalkSuicide/TalkSuicide-training.aspx>



Evidence Library



The Children's Commissioner have released their report '[A Head Start: early support for children's mental health](#)' (July 2022). Over half a million children were surveyed and wrote about their hopes and dreams for the future, and what they need to help them achieve those goals. Although most children were happy or okay, concerning 1 in 5 children were worried about their mental health. This was most acute amongst older teenage girls, with around 2 in 5 of 16-17 year olds girls reporting they felt unhappy with their mental health.

This report sets out the [Children's Commissioner's](#) vision for improving children's mental health, based on the views of children and young people. As this report shows, there is a generation of children and young people who both understand the concept of mental health and know best about what will benefit them.

Read the full report here:

<https://www.childrenscommissioner.gov.uk/report/a-head-start-early-support-for-childrens-mental-health/>



The Association for Child and Adolescent Mental Health (ACAMH) have produced a [topic guide on bullying](#). This guide explains that bullying was previously viewed as a normal part of childhood's formative experiences but has started to be recognised as a complex mental health matter and social problem.



The guide offers research to support our understanding of this phenomenon and resources for children experiencing bullying.

Find the topic guide here:

<https://www.acamh.org/topic/bullying/>

Dates for your diary – mental health celebration days



November	Wednesday 2 November 2022	National Stress Awareness Day
	7-11 November 2022	International Stress Awareness Week
	Sunday 13 November 2022	World Kindness Day
	14 – 18 November 2022	Anti-Bullying Week
	25 November to 10 December 2022	16 days of activism against gender-based violence
December	Nothing!	Nothing!
January	Nothing!	Nothing!

Feeling Confused? Below is a summary of who can access which service (of those featured above):

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
South Staffordshire CAMHS (MPFT)	Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth). Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).



<p>North Staffordshire CAMHS (NSCHT)</p>	<p>Supports children and young people living up to age 18 in North Staffordshire (North Staffordshire includes Staffordshire Moorlands and Newcastle-under-Lyme)</p> <p>Online referrals and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).</p>
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Thank you to our partners:

