



## Newsletter Content

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## Dates for your Diary

### February

"I'm still me!"

Celebrating difference and preventing & tackling homophobic, biphobic and transphobic bullying in Northamptonshire schools

5 February 2015  
Sunley Management Centre  
University of Northampton  
9.00am-3.30pm



## Happy New Year!

We are already going through the New Year at breakneck speed and there is much on the agenda this year to look forward to.

Our Anti Stigma day that our Talk Out Loud Anti Stigma Youth Ambassadors has been preparing is our biggest yet! In addition to all the wonderful activities in the schools and health locations around the county, we are thrilled the Northampton Saints are supporting our campaign to raise awareness of the importance of the promotion of positive emotional wellbeing, and early intervention without stigma when needed.



There will be children from across the county supported by their schools to talk to the public and stamp their hands in the name of stamping out stigma.

The Targeted Mental Health in Schools (TAMHS) programme has been continuing to improve outcomes in our county. We are fortunate to have this programme where so many other areas no longer support this important initiative and the new schools accreditation is another way we can strengthen the way we work with the settings are children and young people spend the majority of their waking hours.

There is good news across our partnership, from the British Association of Counselling Professionals (BACP) accreditation of Service Six, one of our 5 commissioned youth counselling services; to new research opportunities at the University of Northamptonshire's Institute of Health and Wellbeing.

There is a reminder of what the Video Interactive Guidance service can offer to help change behaviours for children who meet the referral criteria. I am often asked what can be done to help people identify and act appropriately to meet the mental health needs of children and young people. There is a Mental Health First Aid for Youth on offer to schools and colleges. And good news for families with children and young people with special educational needs and/or disabilities. The Parent Advice service has expanded to become an Information Advice Support Service.

There are many other events, programmes and activities taking place across the county and the country. We would love to see as many children and young people at the Health Watch Children and Young People's conference on the 18th February as highlighted in this

This free day conference - even complete with a free lunch! - at the University of Northampton's Sunley Management Centre gives you the opportunity to consider how your school or workplace can play a part in this exciting move forward.

It will provide you with ideas from practitioners who are already actively involved in this work within local schools and youth settings, and an opportunity to talk about what you can do. We will also be sending you away with a free pack of practical resources to take back with you!

Bookings can be made through: <http://www.eventbrite.co.uk/e/im-still-me-registration-14843081055>

### Young People Needed! Health and Wellbeing Youth Conference.

We are organising a Health and Wellbeing Youth Conference for 12 – 18 year olds on **Wednesday 18 February 2015** at the Kettering Conference Centre and Sports Arena to ensure that young people's voices are heard by health and social care providers in Northamptonshire.

In the morning they will be able to give their opinions on a variety of topics e.g. self-harm, anxiety and eating disorders and then get the chance to ask questions directly of a healthcare panel. The young people can then try a fun range of activities such as bungee running, circus skills and surfboarding as a thank you for taking part.

For more information or to attend the event please email Healthwatch Northamptonshire on [enquiries@healthwatchnorthamptonshire.co.uk](mailto:enquiries@healthwatchnorthamptonshire.co.uk) or telephone 01604 892053 or [Click here](#) for more information and to download an application form.

Information, Advice and Support Service for SEND in

newsletter, so please put the word out. We are also working on the Northamptonshire Crisis Care Concordat and we are awaiting the findings of the national taskforce and action planning for CAMHS.

We have been undertaking a series of road shows to highlight the children's community transformation programme and referral pathways at locality forums, GP safeguarding meetings, strategic head teacher forums and protected learning events of GPs. We are hearing encouraging feedback, but there is always more to do. We will be releasing more toolkits this year that will hopefully help. But if in doubt, [www.asknormen.co.uk](http://www.asknormen.co.uk)

As always, if you have any news, case studies or perspectives you wish to share with our children and young people emotional wellbeing community, please let us know at [asknormen@nhs.net](mailto:asknormen@nhs.net)

Here's to a vibrant scene in 2015!

David Loyd-Hearn  
Commissioning Lead Children and Young People  
E: [David.loyd-Hearn@neneccg.nhs.uk](mailto:David.loyd-Hearn@neneccg.nhs.uk)

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## Schools set to 'Talk out Loud' about Mental Health.

Our annual county-wide Mental Health Awareness Day is taking place on **Friday 13 February 2015**, providing schools and the wider Northamptonshire community with the opportunity to raise awareness of mental health stigma in lots of interesting, fun and inclusive ways.



For the first time during this annual event, the Mental Health Stigma Programme will continue activities by joining forces with [Northampton Saints](#) who have kindly let the Programme sponsor the Northampton Saints V London Irish game taking place on the evening of 13 February 2015.

On the day there will be lots of events taking place:

**Hand Stamps** – each secondary school will be provided with a hand stamps for schools to use on the day. Schools will be asking students to demonstrate their commitment to stamping out mental health stigma by stamping a mental health message on their hand.

**Balloon Launch** – schools across the county will be taking place in a countywide balloon launch at 12 midday. Children & young people from local schools, MPs, local councillors and other dignitaries will be in attendance.

**Mental Health Lessons** – many schools in the county will be delivering mental health focused assemblies, written by the Mental Health Stigma Programme, to encourage young people to explore their perceptions of mental health and mental health stigma.

Other activities such as a mufti day and themed mental health awareness assemblies are also taking place.

**Northampton Saints game:** young people from across the county will be manning the gates and asking people to commit to reducing mental health stigma by having their hands stamped with a mental

Northamptonshire (IASS), formerly NPPS, will be running information sessions for parents during February and March.

- Does your child have a Statement of SEN?
- Do you want to know how the law around SEN has changed?
- How will these changes affect you and your child?

Find out more about the system for transferring Statements of SEN into the new EHC system. Abbey Centre, Northampton NN4 0RZ

### **Tuesday 24th February**

Registration/Coffee 9.30am  
Session 10 – 12am

Booking is essential – please choose a session and contact us to book your place before Monday 16th February 2015.

Email: [bcolby@northamptonshire.gov.uk](mailto:bcolby@northamptonshire.gov.uk)  
Phone: 01604 636111  
Website: [www.npps.info](http://www.npps.info)

Other dates include:

Daventry Leisure Centre, NN11 4FP

### **Monday 2nd March**

Registration/Coffee 12 noon  
Session 12.30 – 2.30pm  
Tithe Barn, Wellingborough, NN8 1AH

### **Tuesday 3rd March**

Registration/Coffee 6pm  
Session 6.30pm – 8.30pm

Corn Market Hall, Kettering, NN15 7QA

### **Wednesday 4th March**

Registration/Coffee 10am  
Session 10.30am – 12.30pm

Email: [bcolby@northamptonshire.gov.uk](mailto:bcolby@northamptonshire.gov.uk)

## **March and April**

Secondary School Transfer  
Year 5 Seminar

Supporting the positive transfer to secondary school for children with special

health message. They will also be flag bearers as players run out to start the match and a player will be stamping the match-ball before the game. The Northampton Saints have also given the programme the opportunity to have their logo in the programme and up on the big screens around the stadium.

Emma Grinham, aged 18 and chair of the Mental Health Stigma Programme participation group, who have planned the day, said “We all have mental health and mental health needs. It’s just that some of us can meet our own needs and others need help or support – and that’s ok. Mental health is everyone’s business and it’s our business to change people’s views and perspectives to reduce mental health stigma. We really hope that Mental Health Awareness Day can make some contribution towards this.”

David Loyd-Hearn Lead Commissioner Children and Young People - Emotional Wellbeing and Mental Health, NHS commissioner said “Through our work with young people, their parents, carers, teachers, youth workers and health professionals we have seen time and time again the negative effect that mental health stigma can have on children and young people. We hope Mental Health awareness day will present schools and the wider community with an opportunity to talk about the issue openly and candidly, focus on the importance of positive wellbeing and ensure everyone can access the support and information they need.”

For further information on the day, to arrange an interview with representatives from the Mental Health Stigma Programme or to find out how you can get involved in covering events on the day please contact Katharine Parker on 07974 141266 or e-mail [katharine@3activeuk.com](mailto:katharine@3activeuk.com) or visit [www.talkoutloud.info](http://www.talkoutloud.info)

## **#stampoutstigma**

Can you help us to raise awareness on mental health awareness day by using our hashtag **#stampoutstigma** on social media profiles.....we are hoping to get trending!!!!

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## **How do Northamptonshire Schools do it?**

Having been involved with mental health in Northamptonshire schools over the past decade, I would like to say how encouraged I am with the response from thousands of staff who have taken part in raising awareness of mental health and doing something about it.



A greater emphasis on mental health in schools has benefited staff, pupils, parents and carers. Targeted Mental Health in Schools (TaMHS) is aimed at improving pupil outcomes through engaging staff in training, consultation and modelling in a range of evidence-based approaches, programmes, interventions and support designed to improve children’s mental health. Comparing project schools with other schools in the relevant district, in Northamptonshire and nationally, pupil outcomes of attendance, exclusion and attainment improved more in project schools than others. (2009-2011)

It was 2007 when the document ‘Mental Health is Everybody’s Business’ was launched and 2009 when the project phase of Targeted Mental Health in Schools was introduced to 13

educational needs. For a parent or carer of a child in year 5 with a statement/EHC plan or who is receiving SEN support at school.

**Tuesday 17 March**  
The Abbey Centre  
Northampton  
10am - 12 Noon

**Thursday 19 March**  
Corn Market Hall  
Kettering  
1pm - 3pm

Booking is essential please contact us to register your place by Friday 27 February:  
Email:  
[bcolby@northamptonshire.gov.uk](mailto:bcolby@northamptonshire.gov.uk)

Developing youth friendly mental health services

Bridging the gap between adolescent and adult mental health

**Friday 27 March 2015**, 9.00 am – 4.30 pm

Institute of Mental Health,  
Triumph Road, Nottingham, NG7 2TU

The conference is organised by the Youth Mental Health and Wellbeing Managed Innovation Network (MIN) and will be delivered in partnership with young people from our advisory group "New Youth".

The conference will create dialogue and debate among clinicians, researchers, service users and commissioners about whether existing mental health services are equipped and structured so as to offer continuity in care and address the needs of young people.

The conference will highlight the need for the development of targeted services for youth focusing on improving prognosis through continuity of care and supporting healthy developmental pathways whilst highlighting national and international exemplars of best practice and systems of care in

Northamptonshire schools.

Now, over 92% of schools have participated in some form of TaMHS training and over 106 of our primary schools have been productively establishing and maintaining full engagement between 2012 and 2015. At the same time we have had full engagement from 10 secondary/all through schools. In spite of funding pressures and changes of structure within our organisations we hope that by 2017-18, all schools in the county will have had the opportunity to engage fully with the TaMHS programme.

By the end of 2014 four Northamptonshire schools Wollaston Primary, Woodford Halse Primary, Park Junior Wellingborough and Upton Meadows Primary achieved Silver and Bronze awards in a pilot TaMHS accreditation scheme. Oakway Academy also achieved at Bronze level. Upton Meadows and Park Junior have just been awarded Gold accreditation status, an outstanding achievement

After evaluating the accreditation process, we plan to extend it to all schools who have been through the TaMHS experience. An essential element of the accreditation process is schools taking part in the Northamptonshire Mental Health Awareness Day, which this year is on February 13th 2015.

Details of how to get involved have been sent to all primary Heads and secondary PSHE coordinators. If you would like any further information please contact Tessa Parkinson; email [tessa@3activeuk.com](mailto:tessa@3activeuk.com) for further details.

So what is it that schools engage with to help promote better mental health?

The truth is that schools take their pick from the building blocks below, considering their needs as a school staff and their pupil population; remembering of course that 'the wise man builds his house upon the rock.' Check your foundations!

Go to:  
[http://www.asknormen.co.uk/modules/downloads/download.php?file\\_name=219](http://www.asknormen.co.uk/modules/downloads/download.php?file_name=219)

It is important that we build school communities where staff, parents and pupils feel safe and contained, which are important elements in the foundation blocks. When we feel safe and contained we have a foundation to explore, label and talk about feelings, an understanding of resilience and how to deal with stress, anxiety and difficult life situations.

The further up the building blocks we go, the more specialist our knowledge and understanding becomes – enabling staff in schools to help children and young people who are in distress. This is increasingly important in times of austerity. All TaMHS courses enable participants to increase their understanding of mental health and how to help children and young people in school, without necessarily becoming mental health experts.

I wonder which building block(s) would be useful for your school. Please visit the TaMHS link to see which courses are currently on offer. [www.northamptonshire.gov.uk/tamhs](http://www.northamptonshire.gov.uk/tamhs)

From January 15th onwards there are courses on self harm, Protective Behaviours, 123 Magic - behaviour management for teachers, mindfulness, Solihull Approach Parenting, supporting attachment in schools, relaxation techniques, peer support/mentoring, evaluation of mental health interventions and tracking pupil's mental health, domestic abuse, Advanced Drawing & Talking, anxiety in children, FRIENDS for Life – building resilience in children, bullying



youth mental health.

**Cost:**

£75 (University staff)  
£65 (NHS, Social Care and Private Healthcare Organisations staff)  
£25 (Voluntary Sector and charities, students, service users, carers)

**Confirmed speakers**

- Professor Martin Knapp, London School of Economics
- Tim Newbold, Service Manager, Youth Programme, Birmingham and Solihull Mental Health Trust
- Jo Loughran, Time to Change Campaign, Children and Young People Programme
- Lucie Russell, YoungMinds
- Elaine Bousfield, Service Director Kooth.com

To apply email:

[karen.sugars@nottshc.nhs.uk](mailto:karen.sugars@nottshc.nhs.uk)

**The Northamptonshire Baby Room Project© – Practitioners Course**

Dates Thursdays 9.30 am– 12.30 pm

- 5th March 2015
- 2nd April 2015
- 30th April 2015

At Camrose Nursery, Tenby Road, Northampton NN5 7DF

The practitioner course : three half day sessions, each a month apart for reflective practice – see below for dates. It is highly desirable that two practitioners from each setting attend. Brain development is the theme through the three sessions: babies' brain development; babies' emotional development;

and cyber-bullying. By attending one of these courses and doing something about mental health you could change a life in 2015.

Wishing you a fulfilled and great learning experience for 2015. Go for it!

John Fardon Education Entitlement Officer – Mental Health

[JFardon@northamptonshire.gov.uk](mailto:JFardon@northamptonshire.gov.uk)

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## Service Six - Counselling open to all in Northamptonshire.

Service Six is an award winning provider of specialist outcome-based professional therapeutic, support, diversionary and activity for thousands of hard to reach children, young people, adults and families across Northamptonshire.



Our range of therapeutic services offer one-to-one counselling for anyone from age 4 upwards. We are delighted to announce that our Counselling Service has recently been granted Organisational Accreditation by the British Association for Counselling and Psychotherapy.

Accredited status is awarded to organisations who can demonstrate excellence in care and attention to clients in addition to maintaining rigorously high standards in policies and procedures.

We are proud to have reached this standard and wish to acknowledge the hard work and dedication of our staff and the generosity of our funders.

Service Six Therapeutic Services aims to continue investment in evidence based practice and research.

Catherine Sharp  
Counselling Manager  
Service Six  
26 Rock Street  
Wellingborough  
Northants  
NN8 4LW  
Office Hours: Wednesday 9am – 5pm  
Website: [www.servicessix.co.uk](http://www.servicessix.co.uk)  
Registered Charity No: 1132490

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## The University of Northampton research into Health and Wellbeing.

I was really pleased to be asked to write something for the Ask Normen Newsletter. I've been following updates through the website and Twitter and it's great to have the chance to get involved!



and babies' playing and laughing. Each session combines:

- Quizzes
- DVDs
- Group discussion
- A baby's journey story
- Making resources in the session

"It is important to stimulate those precious new brains in order to get those little neurons busy – through early interaction. I came away from the first session and thought about how we interact with babies, the importance of promoting positive role modelling and why it is essential to make parents aware of what we see."

"Some of the information is mind blowing – I will be disseminating it to both staff and parents."

"The resources presented have given us ideas about what to bring in to our setting."

"I am going to use it in my Baby Babble sessions."

"It was exciting to learn more about the baby's brain, attachment and relationships."

Contact The Northamptonshire Baby Room Project – Practitioner's Course:

Frances Smart, Administrator  
[fsmart@northamptonshire.gov.uk](mailto:fsmart@northamptonshire.gov.uk)

Veronica Lawrence, Specialist Senior Educational Psychologist - Early Years at the Northamptonshire Educational Psychology Service  
[vlawrence@northamptonshire.gov.uk](mailto:vlawrence@northamptonshire.gov.uk)

The Northamptonshire Baby Room Project – Practitioner's Course  
[www.northamptonshirebabyroom.org](http://www.northamptonshirebabyroom.org)

I'm a Senior Researcher for the Institute of Health and Wellbeing (University of Northampton). Our team do research and evaluation into health and wellbeing locally, nationally and internationally with the tagline 'Building better lives through collaboration'. This is what we do; projects that either make a direct difference to people's lives, or that give policy makers/ service providers information to develop initiatives that work for local people. I love working with children and young people on our projects, from asking them to share their views, to supporting and training groups of young people to do their own research.

Two of my favourite, most impactful, projects have been looking at young people's attitudes and experiences of binge drinking, and being a teenage parent. Sharing what young people think about mental health and wellbeing related services and issues is so important; no one else has experienced things in exactly the way you have and that makes you the expert.

We work really hard to make sure that what we do involves local people and service users; this has been shown to have a positive impact on services. If you or a group that you are part of have a project idea or would like to find out more about what we do I would really like to hear from you. You can email me at [michelle.pyer@northampton.ac.uk](mailto:michelle.pyer@northampton.ac.uk).

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## The Video Interaction Guidance (VIG) Service



The VIG team service consists of a small team commissioned jointly by Northamptonshire County Council and Nene Clinical Commissioning Group. The Team offers a County wide service delivering direct work with children and families as an outreach intervention; we also offer the training and supervision of professionals across Northamptonshire in utilising VIG as an intervention.

The team prioritises work with Looked After and Adopted children and works with children and families that are subject to Child Protection, Child in Need, Targeted Prevention and CAF plans. The direct work can be offered for up to 6 months or 6 Cycles of intervention, which ever comes first.

Initial training courses are offered twice a year for up to 12 participants. Initial training takes 2 days, followed by ongoing supervision both of which are provided by the teams' AVIG UK accredited Advanced Trainers and Supervisors.

What is VIG?

Video Interaction Guidance is an intervention for changing behaviour; it is not an assessment tool. It is an intervention which increases parental sensitivity, encourages empathy, builds self esteem and encourages attachment and positive relationships through heightened awareness of verbal and non-verbal communication. It requires the parent to have a degree of reflective functioning and motivation for change.

Participants are supported and guided to reflect on their own successful interactions with others, in order to build a more positive relationship.

Video Interaction Guidance is strengths based approach; - it looks at

what is working well and aims to build on this. Whilst it refrains from showing negative aspects of communication, the shared review discussion that takes place when watching the clips, allows the space for participants to discuss what they are finding difficult within the relationship, and wider family functioning.

VIG adopts a partnership philosophy and the client is encouraged throughout the work to set their own objectives as to the areas of communication that they would like to focus on.

#### How to Refer

As from 1st December 2014 Video Interaction Guidance (VIG) referrals for direct work with families and enquiries about training need to be made through Carole Moore

[cmoore@northamptonshire.gov.uk](mailto:cmoore@northamptonshire.gov.uk) or Jenny Brooks  
[jbrooks@northamptonshire.gov.uk](mailto:jbrooks@northamptonshire.gov.uk) Phone 01604 368861

#### How to refer to VIG:

Referrals for Non Looked after children refer directly to the service by using the following link:

<https://northamptonshire.firmstep.com/default.aspx/RenderForm/?F.Name=LPyeVrdZPnK>

Referrals for LAC and Adopted children refer direct to the NHFT's CYP Community Health Services through the following link:

[www.nhft.nhs.uk/cyprmc](http://www.nhft.nhs.uk/cyprmc)

For enquiries regarding training please contact Carole Moore on 01604 368861 or [cmoore@northamptonshire.gov.uk](mailto:cmoore@northamptonshire.gov.uk)

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## Are you Mental Health First Aid trained?

The Wellbeing team at Pacesetter Sports deliver a variety of courses and workshops in schools across the county and country on numerous wellbeing-related topics. They also deliver an internationally-recognised course called Mental Health First Aid.



Kate Bellamy, Wellbeing Training Manager at Pacesetter Sports, delivers a selection of Mental Health First Aid courses specifically aimed at anyone working with children and young people aged 8 – 18.

The courses teach people how to identify, understand and help a person who may be developing a mental health problem. In the same way as we learn physical first aid, mental health first aid teaches people how to recognise those crucial warning signs of mental ill health.

If you work in a school or college setting – you may be interested in attending the 1-day version of the course. Mental Health First Aid for Schools and Colleges has been designed especially with schools in mind and it covers key topics around young people's mental health and wellbeing, with a strong practical focus on how to support young people experiencing mental distress. Delegates will become Ambassadors for better mental health in schools.

Kate also delivers a 3-hour version (called Youth Mental Health First

Aid Lite) and a 2-day course. Upcoming course dates are below, or the courses can be delivered in-house for your team.

Mental Health First Aid for Schools/ Colleges – Thursday 5th March 2015 – 9.30am – 4.30pm – at The Beehive in Kingsthorpe - £135 + VAT per delegate

If you are interested in finding out more or making a booking, please contact Kate Bellamy on [kate.bellamy@pacesettersports.co.uk](mailto:kate.bellamy@pacesettersports.co.uk) or 01604 686367.

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## Update on services for parents or carers of children aged 0-25, and young people up to 25 with special educational needs and/or disabilities

Information Advice and Support Service for SEND in Northamptonshire (previously Northamptonshire Parent Partnership Service) is an impartial and confidential service which gives free information, advice and support about matters relating to Special Educational Needs and Disabilities.



The service operates at arms length from the local authority and clinical commissioning groups (CCGs) through independently trained staff.

The service is for parents or carers of children aged 0-25, and young people up to 25 with special educational needs and/or disabilities. You can self-refer or with your permission someone else can refer on your behalf. Young people (aged 16-25) can ask for support separately from their parents or carers if required.

What information and advice can the service give me?

We offer information, advice and support about any issue related to special educational needs and disability including:

- Local policy and practice
- Northamptonshire's Local Offer
- Educational Support
- Statements/Education Health & Care Plans
- Personal Budgets and personalisation
- Additional information about these topics is available on our website [www.npps.info](http://www.npps.info)

What kind of advice should my child/young person and me expect?

We give practical, factual and impartial information advice and support to enable you to participate fully in decisions about education, health and social care. This may include:

- Advice and support by telephone or email
- Individual casework which may include support with meetings and contributing to assessments and reviews
- Help with writing letters
- Help with understanding and interpreting information and applying it to your situation



- Help when things go wrong, including resolving disagreements and providing support to manage mediation, appeals, exclusions, and complaints on matters related to SEN
- Information about other services or sources of support locally or nationally
- Advice through parent/carer support groups, youth groups or training events
- Access to an Independent Supporter if required for support with an Education Health and Care Plan

Is there any other support available?

Independent Supporters (IS) are an additional resource, independent from the Local Authority, to help families navigate the new Education Health and Care (EHC) planning process. IS can help in a range of ways including accompanying families to meetings, explaining the role of the Local Authority in the process or supporting with the transfer of existing SEN statements to the new system. IS aim to work with families to find the best solution. Please contact us if you wish to access an Independent Supporter.

Contact us

Telephone: 01604 636111

Website: [www.npps.info](http://www.npps.info)

Email: [contact@npps.info](mailto:contact@npps.info)

Information Advice and Support Service  
for SEND in Northamptonshire  
Springfield  
Cliftonville  
Northampton NN1 5BE

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## Whats on the web.

World Mental Health Day is the annual global celebration of mental health education, awareness and advocacy.

<http://www.mentalhealth.org.uk/our-work/world-mental-health-day/>

Ask Normen

This site is for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire.

[www.asknormen.co.uk](http://www.asknormen.co.uk)

Talk Out Loud

Do you need help in supporting your mental health needs, or do you know someone who might need help or support? If so you have come to the right place. This website will provide you with information on how and where to get help and support. Don't be afraid to Talk out Loud about your mental health needs.

<http://www.talkoutloud.info/>

At YoungMinds, we offer information to young people and children about mental health and emotional wellbeing.

[http://www.youngminds.org.uk/for\\_children\\_young\\_people](http://www.youngminds.org.uk/for_children_young_people)

Mental health problems affect about one in ten children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives. The mental health foundation can help:

<http://www.mentalhealth.org.uk/help-information/mental-health-a-z/C/children-young-people/>

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness.

<http://www.time-to-change.org.uk/youngpeople>

Improving Access to Psychological Therapies is an NHS programme rolling out services across England offering interventions approved by the National Institute of Health and Clinical Excellence (NICE) for treating people with depression and anxiety disorders.

<http://www.iapt.nhs.uk/>

This website is intended to provide a free and comprehensive source of information for young people, parents and professionals about the range of mental health difficulties and disorders that may be encountered during childhood and adolescence.

<http://www.camh.org.uk/>

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## We would like to hear from you.

We hope you enjoy all of our updates. We would be delighted to hear from you if you have any dates for the diary, news or comments, or important documents that you would like to share.



Please go to

[http://www.asknormen.co.uk/modules/downloads/download.php?file\\_name=43](http://www.asknormen.co.uk/modules/downloads/download.php?file_name=43)

And fill out one of our submission forms.

Or you can contact us at

[asknormen@nhs.net](mailto:asknormen@nhs.net)

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