

Children's Mental Health Week 2021

In partnership with:



In conjunction with:



SUPPORTING
Children's Mental Health Week
FEB 1ST - FEB 7TH 2021

MONDAY:

Delivered by Stay Well:

- **MHFA:** Mental Health First Aid for School Staff to learn how to cope with a child in a mental health crisis.
- **Decider Workshop:** to teach young people skills to manage their mental health.
- **Peer Support:** for children 8-11 where they can talk about their mental health with others and receive mutual support.

Speak Up Space: Instant messaging service for young people to talk about anything that's important to them. Open 9:30am-2:30pm & 5pm-8pm.

WEDNESDAY:

Delivered by Stay Well:

- **Peer Support:** for all ages between 8-18, where young people can talk about their mental health with others and receive mutual support.
- **Social Event:** Games Night for 8-11s 4-5pm & 11-18s 6-7pm.

Speak Up Space:

- Instant messaging service for young people to talk about anything that's important to them. Open 9:30am-2:30pm & 5pm-8pm.
- Between 11am-1pm parents and professionals can trial the service themselves.

FRIDAY:

Delivered by Stay Well:

- **Parental Training:** Learn how to support your child's mental health.
- **Managing Self Harm:** Workshop for School Staff.
- **Peer Support:** for ages 8-11 where young people can talk about their mental health with others and receive mutual support.

The Dove Service: Understanding Grief Workshop 1pm.

Speak Up Space: Instant messaging service for young people to talk about anything that's important to them. Open 9:30am-12:30pm & 8pm-11pm.

TUESDAY:

Delivered by Stay Well:

- **Cyber Bullying/Social Media:** training for professionals who work with young people.
- **Peer Support:** for ages 8-11 and 11-14, where young people can talk about their mental health with others and receive mutual support.
- **Wellbeing Workshop:** for children to learn about mental health and techniques to manage their own.

Savana: Drop-in Sessions 10am - 12pm & 6pm - 8pm - Come along to discuss relationships & gain some support around healthy relationships.

Speak Up Space: Instant messaging service for young people to talk about anything that's important to them. Open 9:30am-2:30pm & 8pm-11pm.

THURSDAY:

Delivered by Stay Well:

- **Wellbeing Workshop:** for young people to learn about mental health and techniques to manage their own.
- **Peer Support:** for ages 12-16 where young people can talk about their mental health with others and receive mutual support.

Speak Up Space: Instant messaging service for young people to talk about anything that's important to them. Open 9:30am-2:30pm & 4pm-9pm.

Contact us here:

Stay Well: 01782 418 518
info@staywellcyp.org.uk

North Staffs Mind: 01782 262100

Speak Up Space: www.speakupspace.org.uk

The Dove Service: enquires@thedoveservice.org.uk
01782683155

Savana: 01782 433204

Contact the delivery service to book on.