

Hello,

I hope you have been keeping well in these unprecedented times.

As you will be aware there has been an increase in children and young people experiencing an impact on mental health and wellbeing especially related to returning to school on the 8<sup>th</sup> March which will probably bring a mixture of emotions.

North Staffordshire Combined Healthcare (NSCHT) are pleased to share with you their on-line wellbeing portal designed for children, young people, their parents/carers and professionals' to access to self-help materials; guidance as well as access to a referral form to be able to refer into the Children and adolescent Mental Health Services (CAMHS).

The aim of this online resource is to deliver a future where young people and their families are empowered to use technology to revolutionise their care. The goal is to remodel the referral and assessment functions within our CYP service by increasing the proportion of children with the ability to self-care and self-refer into services.

This self-referral approach improves recovery, and enables a person to seek prompt treatment at an early stage, and it also reduces the likelihood of lower degree problems becoming more severe.

We see this as a transformation from traditional clinician referrals to a self-empowered model where children, families and professionals are able to access advice, materials and appropriate support.

I would therefore like you to be aware of the website and where possible promote the use of this within your school community

Please visit the site <https://combinedwellbeing.org.uk/>

With the sharing of this site and increasing awareness around self-help we can all work together to improve the Mental Wellbeing of those we work with and support.

If you wish to discuss this with me further and have any comments regarding this resource; please contact me directly: [Claire.Consterdine@combined.nhs.uk](mailto:Claire.Consterdine@combined.nhs.uk)

Thank you for your time and support



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