



**Transformation
Partners**
in Health and Care

Supporting children and young people's mental health over the winter months

Resource pack for London

[January 2024]



1. Background

For children and young people in London facing many challenges such as social and academic pressures and cost of living worries, the winter period can be challenging on their mental health.

The Children and Young People's Mental Health Transformation team and Transformation Partners in Health and Care (TPHC) has put together this resource pack to help partners and local organisations support London's children and young people over the winter months.

Support for children and young people awaiting support from mental health services in London

TPHC is committed to supporting children and young people and their families to be able to access mental health support when they need it. London has made good progress in increasing access to community mental health services, but we know many children and young people are still having to wait too long. TPHC is developing a programme of work to respond to this.

[Visit our website](#) to learn more about this programme. New resources and best practice learning are in development and will be shared in early 2024.

Interim and preventative mental health support

We have collated information and resources produced by TPHC and key partners in London for local authorities, schools/colleges, and community/third-sector organisations on different mental health services and support which is available for children and young people, and their parents and carers.

We hope these resources help you to direct children and young people, and their parents/carers to the appropriate support for their mental wellbeing, whether they are looking for tips to help cope through different situations, are awaiting treatments or interventions for a specific condition, or need urgent crisis support.

Contents

1. Key messages about mental health for children and young people, and their parents/carers
2. What to do in a mental health emergency?
3. Resources on promoting good mental wellbeing:
4. Good Thinking resources on mental wellbeing
5. Support and information for children and young people struggling with eating over the winter period
6. Thrive LDN's Great Mental Health Day: raising awareness around mental health and supporting people to ask for the help they need
7. More resources



1. Key messages on children and young people's mental health

For older children and young people:

- You may need urgent help for many reasons. The important thing to know is you will not be wasting anyone's time.
- If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, but it's not an emergency, [get help from NHS 111 online](#) or call [111](#).
- If you can, also let a parent, carer, friend, teacher or someone else you trust know how you're feeling.

Key messages for parents/carers and other non-health professionals:

- If someone is in danger, call [999](#) or go to A&E right away.
- If you are concerned that someone you care for is experiencing something that makes them feel unsafe, distressed, or worried about their mental health, but it's not an emergency, [get help from NHS 111 online](#) or call [111](#).
- If you are concerned that a child or young person is extremely distressed and might not be able to keep themselves safe, call your local [NHS mental health helpline](#) which is open 24 hours a day, seven days a week for immediate support and advice.

2. What to do in a mental health emergency?

A mental health emergency or crisis can be triggered at any time and by events, such as bereavement, stress and social isolation, which may require an immediate response. We understand that the winter months can be particularly difficult if someone is struggling.

NHS urgent mental health support

NHS urgent mental health support is available for people of all ages in England. Your mental health is as important as your physical health: you will not be wasting anyone's time if you think you need help.

In an emergency



- If you or someone else is in danger, call [999](#) or go to A&E now
- If you need help urgently for your mental health, but it's not an emergency, [get help from NHS 111 online](#) or call [111](#).

Contacting 111

If you're deaf or have hearing loss, please use the following link to be connected to local crisis service – [NHS 111 – SignVideo](#).

If you aren't able to make the call yourself, then anyone can call on your behalf – for example a friend, carer, loved one or even your GP. You can also access NHS111 online via [111.nhs.uk](#).

Support is there for anyone in England facing a mental health crisis, which could include:

- Changes to your mood
- Withdrawing from people (close family, friends, or work colleagues)
- Not taking care of yourself like you usually would
- Having increased thoughts about your life not being worth living
- Excessive worry
- Feeling out of control or unable to cope
- Feeling anxious about leaving the house
- Hearing voices or seeing things that others can't
- Thinking about harming yourself.

By **calling 11 for mental health help**, the NHS can help to get you the urgent support you need.

[For advice and support if you are struggling with your mental health](#)

Find a local NHS urgent mental health helpline in England

NHS urgent mental health helplines are for people of all ages in England, including children and young people, and those with neurodevelopmental needs.

You can call for:

- 24-hour advice and support for you, your child, your parent or someone you care for
- help speaking to a mental health professional
- an assessment to find the right care for you

To find a local telephone number for the London borough you live in, visit the NHS urgent mental health service finder: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

If you or a young person cannot access the online service finder, call 111.



What happens when I call?

The phone will be answered by a trained mental health professional who will be able to listen to your concerns and help you get the support you need. With your permission, they can also access your electronic patient records to better meet your needs and to avoid you repeatedly having to tell us your situation.

They can offer advice over the phone, put you in contact with crisis services, or where appropriate, refer you to a relevant service.

3. Resources to share mental health information with children and young people

Resources and messaging in this toolkit can help to signpost children, young people and their parents/carers to helpful information that can help support their overall mental wellbeing, as well as what to do in a mental health crisis/emergency.

- TPHC's short animation explaining how NHS mental health crisis support telephone lines work, available to:
 - share or embed using the URL: https://youtu.be/CF40VZEB_MY
 - Download for social media sharing in [vertical](#) or [horizontal](#) format
- An [assembly plan](#) for education settings to share information about mental health and wellbeing, aimed at young people in key stage 3-5.
- Copy to share on websites or newsletters:
Title: Supporting young people's mental health this winter
Young people and their families in need of urgent help with their mental health can get free urgent support from trained NHS professionals by telephone.

The NHS provides free telephone support across London (and elsewhere in England) which are open all day, every day, and staffed by trained mental health professionals. They can provide immediate support, or refer young people, or those caring for someone, to other sources of help if needed. Visit: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline> to find a local NHS urgent mental health helpline in England.

If you, or someone you know needs mental health help but it's not an emergency, [get help from NHS 111 online](#) or call [111](#).

- Reaching young people through social media – see suggested messaging and downloadable graphics below.



111 for mental health support

To use or adapt for social media platforms including:

- X,
- Facebook
- Instagram
- LinkedIn

If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, you are not alone.

If you need help but it's not an emergency go to 111.nhs.uk or [call 111](https://111.nhs.uk).

[Right click to download full-sized image:](#)



Helping children and young people to stay mentally well this winter

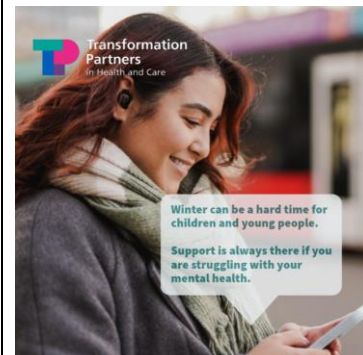
X/Twitter

Winter can be a hard time for children and young Londoners.

Call or search 111 if you're worried about your #mentalhealth.

You can also find support and information on staying mentally well at: <https://www.transformationpartners.nhs.uk/urgentsupportlines/>

[Right click to download full-sized images:](#)

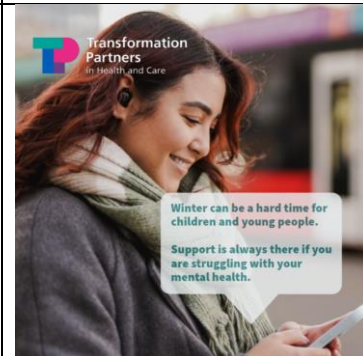




Facebook
LinkedIn WhatsApp

Winter can be a hard time for children and young Londoners.

Call or search 111 if you're worried about your #mentalhealth.

You can also find support and information on staying mentally well at: <https://www.transformationpartners.nhs.uk/urgentsupportlines/>



<p>Instagram posts</p>	<p>Winter can be a hard time for children and young Londoners.</p> <p>Call or search 111 if you're worried about your #mentalhealth.</p> <p>You can also find more support and information from the NHS and other organisations on staying mentally well this winter: https://www.transformationpartners.nhs.uk/urgentsupportlines/</p>	
<p>Instagram Stories</p>	<p>Link to: https://www.transformationpartners.nhs.uk/urgentsupportlines/</p>	

4. Support and resources on mental wellbeing for children and young people

Good Thinking

On [Good Thinking](#) you'll find lots of helpful digital resources, including free NHS-approved apps and top tips to help you get through the tough times. Working closely with organisations like Partnership for Young London, we invite young people to





guide and review our content so you can be sure we'll help with the issues that really matter to you.

See [Good Thinking's hub for young people](#) for free tips, resources and content on looking after your mental health.

Services in London supporting children and young people can signpost to Good Thinking over the winter months.

See suggested messaging below which points to resources for

- children and young people,
- parents and carers, and,
- Good Thinking's winter wellbeing toolkit.

Good Thinking support and resources for children and young people	
Copy for X	Graphic
<p>Feeling stressed, anxious or overwhelmed?</p> <p>@GoodThinkingUK are here to help boost your mood with free NHS-approved advice, tips and tools created specifically for young Londoners:</p> <p>👉 https://www.good-thinking.uk/youngpeople</p>	<p>Right click to download full-sized images:</p> 
Copy for Instagram/WhatsApp	Graphic
<p>Feeling stressed, anxious or overwhelmed?</p> <p>@goodthinkinguk are here to help boost your mood with free NHS-approved advice, tips and tools created specifically for young Londoners:</p> <p>👉 https://www.good-thinking.uk/youngpeople</p>	
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Good Thinking support and resources for parents and carers

Copy for X

Looking to support your child's mental wellbeing?

@GoodThinkingUK has a range of dedicated resources for parents and carers.

If your child is stressed, anxious or feeling down, help is available - including free NHS-approved wellbeing apps:

👉 <https://www.good-thinking.uk/parents-and-carers>

Graphic

[Right click to download full-sized images:](#)



Copy for Instagram/WhatsApp

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Copy for Facebook/LinkedIn

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Graphic



Good Thinking's guide to winter wellbeing

Copy for X

This time of year can be tough, and many are finding it harder as the cost of living continues to rise.

Graphic

[Right click to download full-sized images:](#)



<p>@GoodThinkingUK has put together practical tips and resources to help if you're feeling stressed, anxious or lonely.</p> <p>👉 https://www.good-thinking.uk/advice/winter-wellbeing-guide</p>	
<p>Copy for Instagram/WhatsApp</p>	<p>Graphic</p>
<p>This time of year can be tough, and many are finding it harder as the cost of living continues to rise.</p> <p>@GoodThinkingUK has put together practical tips and resources to help if you're feeling stressed, anxious or lonely.</p> <p>👉 https://www.good-thinking.uk/advice/winter-wellbeing-guide</p>	
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5. Resources on eating disorders and disordered eating

TPHC has worked with a number of partners to produce practical guidelines to help loved ones and professionals working with children and young people to recognise the signs of an eating disorder or disordered eating.



The winter period can be tricky for people struggling with their eating. Changes in behaviour and eating patterns may or may not be linked to a person's weight or appearance so it's important not to make any assumptions. **Getting help early** can help prevent a condition from worsening, please speak to a GP for advice if you are concerned about any changes.




Changes or restrictions in eating patterns should be taken seriously, but try not to focus solely on eating – **have you noticed any other changes in behaviour?** Further support can also be found on the [Beat website](#), the UK’s eating disorder charity.

Find resources and links to further support and advice on eating disorders and disordered eating [here](#).

See suggested copy and graphics to help raise awareness on social media below.

Copy for X	Graphic
<p>Changes in eating patterns can be caused by many factors. If you spot changes in someone’s eating, try not to assume it’s an eating disorder and encourage them to speak to a GP for support.</p> <p>Find #eatingdisorders resources from @_TPHC: www.transformationpartnersinhealthandcare.nhs.uk/eating-disorders-resources/</p>	<p>Right click to download full-sized images:</p> 
<p>There are 6 signs that someone may be developing an eating disorder.</p> <p>Getting help early can help prevent a condition from worsening. Find more information and resources on eating disorders from @_TPHC at: www.transformationpartnersinhealthandcare.nhs.uk/eating-disorders-resources/</p>	<p>Link to video: https://youtu.be/AiThbk7CYHI</p> <p>Or download Reel/TikTok here</p>
Copy for Instagram	Graphic
<p>Post:</p> <p>Changes in eating patterns can be caused by many factors. If you spot changes in someone’s eating, try not to assume it’s an eating disorder and encourage them to speak to a GP for support.</p> <p>Find more information and resources on #eatingdisorders from @beatedsupport</p>	



<p>Reel:</p> <p>There are 6 signs that someone may be developing an eating disorder.</p> <p>Getting help early can help prevent a condition from worsening.</p> <p>Find more information and resources on #eatingdisorders from @beatedsupport</p>	<p>Link to full video: https://youtu.be/AiThbk7CYHI</p> <p>Or download Reel/TikTok here</p>
<p>Copy for Facebook / LinkedIn</p>	<p>Graphic</p>
<p>Post:</p> <p>Changes in eating patterns can be caused by many factors. If you spot changes in someone's eating, try not to assume it's an eating disorder and encourage them to speak to a GP for support.</p> <p>See Transformation Partners in Health and Care's resources on children and young people's #eatingdisorders for more information: www.transformationpartnersinhealthandcare.nhs.uk/eating-disorders-resources/</p> <p>Further support and information can be found by visiting: www.beateatingdisorders.org.uk/</p>	
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6. Thrive LDN Great Mental Health Day: raising awareness to get Londoners talking about mental health

Great Mental Health Day is a London region awareness day to get Londoners talking about mental health, to create a platform to highlight the great support available, and, crucially, support people to feel more confident in asking for the help they need.

Led by [Thrive LDN](#), Great Mental Health Day 2024 will explore the importance of **meaningful connections** and highlight the power of relationships, collectivising, and social networks. Having strong, supportive relationships – whether family and



support structures or from wider community and faith groups – is probably the most important thing we can do to support our wellbeing.

The aim of Great Mental Health Day is to get us talking about our mental health and wellbeing and to help break that stigma that so often exists around the subject. It is an opportunity to share awareness of the great local support services that are available. As well as acting as a reminder that we can all do our bit to spread hope and kindness, and to help each other.

Find out more: <https://thrivedn.co.uk/great-mental-health-day-in-london/>

How to get involved...

The following pages are constantly being updated in the run up to Great Mental Health Day so keep checking back.



[Download the GMHD Supporter's Pack.](#) It provides all the details about the campaign, how you can be involved, and how you can spread the word about the activities taking place on or before Great Mental Health Day 2024.



Events for Great Mental Health Day 2024 will take place all over London.

[Use the GMHD interactive map to explore events, initiatives and support in your area.](#)



If you can't make an event in-person, there are plenty of online events taking place for Great Mental Health Day 2024.

[Explore what's available through our Online Events page.](#)

Thrive LDN organised events on Friday 26 January. Below are just a few events taking place online or across various London boroughs.

See the Great Mental Health Day [interactive map](#) for the full list of events, including:

Time	Event title	Location	How to join
10-11AM	Free online suicide prevention training (Certified)	Online	Book a place here: https://www.ticketsource.co.uk/booking/select/RdiEJKhzXNnT



12-1PM	Free Movement Exploration Workshop	Online	Book a place here: https://www.ticketsource.co.uk/booking/select/ajuvScNrhZMT
12:30-1:30PM	WalkTalkWalk for GMHD	Meet at Tower Hill Underground station at 12:30pm	<p>No need to register just turn up! Details below:</p> <p>The group walk is intended to provide the opportunity to have a conversation with someone familiar or new about what's been going on for you recently and share experiences relating to wellbeing and how you've been feeling.</p> <p>All are welcome to join, there's no pressure to 'keep up' - the focus is on creating a safe space to talk and enjoy each others company.</p> <p>Timings and route Starting at Tower Hill Underground Station at 12:30pm on Friday, 26 January. The route will take walkers across Tower Bridge and finish at the National Theatre on Southbank covering a total distance of around 2.5 miles.</p>
13:15-14:00	Webinar (run by AtaLoss): Grief disguised as mental ill-health	Online	Book a place here: https://www.eventbrite.co.uk/e/grief-disguised-as-mental-ill-health-tickets-780627657337
5-6:30PM	Write2Speak online spoken word poetry workshop	Online	Book a place here: https://www.ticketsource.co.uk/booking/select/ycvXtSCUbqou
6PM onwards	Connections Premiere	CityLit Cultureplex London, 1-10 Keeley St, London WC2B 4BA	Book a place here: https://www.ticketsource.co.uk/thriveldn/connections-premiere/e-pgpyek



Further information and support:

- Thrive LDN is the regional lead for suicide prevention in London on behalf of NHS England. We've partnered with the [Zero Suicide Alliance](#), who have created a training program to help people to be able to identify warning signs and to feel comfortable having conversations about suicide. [Click here to learn more and to take the training.](#)
- [TPHC Schools Mental Health toolkit](#): an online directory of content and resources relating to children and young people's mental health
- [The Mix](#): providing essential support for under 25s
- [Kooth](#): a free safe any anonymous place for young people to find support
- [Young Minds](#): a mental health charity for children, young people and their parents

