



SAFEGUARDING NEWSLETTER

Mental Health in Young People

Mental health is about **how we think, feel and act**. Just like physical health: everybody has it and we need to take care of it.

Our mental health is on a spectrum, and can range from good to poor.

Good mental health can help you to think positively, feel confident and act calmly.

If you have poor mental health, you might find that the way you're thinking, feeling or acting becomes difficult to cope with. You might not enjoy things you used to like doing. You might feel sad or angry for a longer time than usual. Or you might feel like you can't control how you feel or behave.

How can I look after my mental health?

Looking after our mental health can help us to feel good. It can also help stop some mental health problems from developing, control the effects they have, and stop them from getting worse.

Here's some ways you can look after you mental health:

Take care of your wellbeing:

See the following page on [wellbeing](#) for tips on how you can do this.

Practice self-care:

Self-care means ways of looking after yourself which help your mental health. This includes recognising what does and doesn't make you feel good. It also includes seeing friends, and looking after your physical health. See Anna Freud's page on [self-care](#) for more ideas to try.

Find ways to boost your confidence, so you feel good about yourself:

See the following page on [confidence and self-esteem](#) for more information.

Ask for help or support when you need it:

Check out this page on [finding support](#) to find out about the different types of support available to you. Or you could read about [how to talk to a doctor](#).

Supporting your child's Mental Health

One in four people experience a mental health problem every year. Everyone needs help from time to time to deal with the stresses of modern life and the coronavirus pandemic has added an extra source of anxiety to children's lives. It is now more important than ever that we support young people's mental health and help them to develop the resilience and resources to keep themselves mentally healthy.

At Sir Graham Balfour School we support students to have good mental health through our curriculum and support services. We believe it is important that they are aware of trusted resources and contacts if they need help. Families also play a vital role in supporting young peoples' mental health and we know that the best support happens when school, students and families communicate.

If you feel your child may need help over the Christmas period with their mental health, please see the information below and on page 3 where they are able to access support.



Mental Health Support Team's in schools are open over the Christmas holidays *



If your child is experiencing a mild to moderate mental health difficulty, we may be able to help.

We can help with low mood, anxiety, sleep issues, worry and panic

Please call us on 01283 352113 (Cannock and Stafford) or 01283 504487 (Burton and Uttoxeter) 9am-5pm Monday-Friday
15th Dec 2022- 6th Jan 2023**

Please leave your name and number and one of our practitioners will give you a call back

***Identified schools in Cannock, Stafford, Burton and Uttoxeter areas covered**

****PLEASE NOTE, THESE NUMBERS ARE NOT TO BE USED IN AN EMERGENCY**



Cerebral have been commissioned by NHS Midlands Partnership NHS Foundation Trust (MPFT) to provide an Online Mental Health Support Service for the Children and Young People (CYP) of South Staffordshire. Cerebral has created The Sandbox, a website with resources and information to support mental health and allow CYP to self-refer for Cognitive Behavioural Therapy (CBT) if this is felt to be needed. CBT is a type of talking therapy that can help people to manage their mental health by changing how they think and behave.

Who are Cerebral?

Cerebral is the world's fastest growing mental healthcare company, with a global team of approximately 4,000 people, who to date have successfully treated more than 250,000 patients through online therapy. All Cerebral services are delivered virtually through websites, video consultation, text, chat, or phone.

By using digital technologies Cerebral can achieve better patient outcomes and experience for CYP than standard care pathways. Cerebral uses multiple media platforms to bring new and exciting content to CYP to create a discussion about mental health.



How will Cerebral provide Online Mental Health Support for the Children of South Staffordshire?

Cerebral will be providing this service through a website called The Sandbox. The Sandbox is an engaging and exciting website for children and young people where they can:

- Learn about mental health and develop the skills to protect and improve the mental health of themselves and their friends
- Discuss issues that concern them in a safe moderated environment, where they can engage with peers and qualified mental health professionals
- Receive one-to-one support at a time and in a manner to suit them, through chat, text, phone, or video consultation
- Be guided through appropriate exercises using a library of child-friendly internet-delivered CBT exercises as appropriate to the individual
- See information about local community services that could help them, their family, and their friends

How do children and young people access the service?

The service can be accessed directly without prior referral through the address <https://sandbox.getcerebral.co.uk> or scan the QR code shown right on your phone.



Do you have to tell the child's parents or guardian?

No, it's normally up to the child to decide if they want their parents or guardians to be informed about their mental healthcare, unless there are special circumstances.

Data Security

The Sandbox service complies with the Data Protection Act 2018 (UK GDPR) and personal data is stored securely.

HTTPS://SANDBOX.GETCEREBRAL.CO.UK

Information for parent, carers and family members

This information is for parents, carers and family members of a young person. You might be:

- worried about a young person's mental health
- supporting a young person who's living with a mental health problem or experiencing something difficult
- looking for ways to help yourself and find support for yourself.

Support a young person can feel worrying. You might feel overwhelmed, scared or unsure what you should do - **you are not alone.**

Please use the links below to see how you can help and support a young person and also obtain help for yourself....

[Support a Young Person](#)

[Looking After Yourself](#)

WINTER 2022 / 2023

In need of a warm space over the Christmas break, please click on the below link for information:

[Warm Spaces — Rising Brook](#)

Rising Brook & Highfields Churches will be open Nov 2022- Mar 2023.

HOUSE OF BREAD - CAFÉ 43

Please see the schools Facebook page for the opening times of Café 43. Christmas Dinner is available on the following days:

19th / 21st / 22nd & Christmas Day.

Please check Facebook for opening times.

National Crime Agency - Money Mules

The National Crime Agency has made us aware of the following crime which is on the rise. Below is some information and a link to a web page where you can search further advice.

[Money Mules - National Crime Agency](#)

Why should you help stop money mule recruiters?

- Fraud is now the most likely type of crime to affect all of us, after overtaking theft.
- Young people are increasingly the major victims of fraud. Fraudsters' tactics can be highly sophisticated and even the financially aware can easily be duped.
- Victims don't only lose their money. They can lose their family's savings, their businesses, their trust in other people, and can impact on their mental health.
- One of the most important enablers of fraud are money mules. This is where you let someone else use your bank account to send criminal money.
- Fraudsters and other criminals will use lots of mule accounts to make it harder for banks and police to track them down. Most mules enabling these crimes are young.

Around 6 in 10 mules are under the age of 30. They can be recruited online and in person. By using mules, criminals try to ensure that the consequences hit the mule, instead of them. This is financial exploitation – both of the mule and of the original victim.

But mules usually get recruited because they get a cut of the stolen money. This means they are involved in money laundering. This is a serious criminal offence, with a maximum sentence of 14 years in prison for the worst offenders.

What should you do?

1. Ask a friend or an adult you trust first

If someone wants to "borrow" your bank account or transfer money, saying it's easy money, ask someone you trust to have your best interests at heart before you get involved.

This could be a friend or it could be an adult like a teacher or a trusted member of a community you're in.

2. Report mule recruiters

If you think you know someone is recruiting mules, you can protect victims by reporting them. Call local police on 101 or 999 in an emergency.

If you prefer not to give your details to the police, you can contact the independent charity Crimestoppers 100% anonymously [online](#) or by calling 0800 555 111.

If it's online content, click the button to report it to the social media companies to get it taken down. Social media companies also want to get bad actors off of their platforms.

3. Report it if you're a victim of fraud

Report all incidents of fraud to [Action Fraud](#), the UK's national fraud and cyber crime reporting centre, via their website or contact 0300 123 2040. If you are in Scotland, please report to Police Scotland directly by calling 101. In an emergency call 999.

4. If you think someone is already involved, go to the NCA website for advice

If you want to help someone you think is already involved in this type of crime, go to the [NCA website](#).

We want to help protect young people from getting drawn into this type of criminal activity and get out of it safely.

5. Boost your online security

Make it harder for criminals to steal your identity and open bank accounts in your name by doing a few simple things recommended by the [National Cyber Security Centre](#).