



# Welcome

Mental Health Lead Network Event

3<sup>rd</sup> November 2023

**Children &  
Young People's  
Emotional  
Wellbeing**

**NHS**  
Suffolk and North East Essex  
Integrated Care Board (ICB)

 **Suffolk**  
County Council

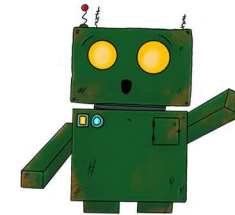
**CYP Engagement Hub**

# **Supporting Children & Young People's Mental Health**

**THE  
SOURCE**

**Fran Russo**

Emotional Health & Wellbeing  
Information Officer



**James Garden**

Apprentice Children and Young  
People's Mental Health Co-Ordinator

# THE SOURCE

## What is The Source?

- A bespoke website for young people in Suffolk
- Aimed at young people between the ages of 12-25 years old
- Impartial information and advice enabling young people to make the right choices for them
- Signposts to support services
- The website covers four sections – ‘Future’, ‘Body’, ‘Mind’ and ‘Life’



The screenshot shows the homepage of 'THE SOURCE' website. At the top, the logo 'THE SOURCE' is displayed in a stylized font, with 'THE' in small black letters above 'SOURCE' in large, bold, black letters. To the right of the logo, the text 'INFORMATIONAL ADVICE AND SOURCES OF SUPPORT FOR YOUNG PEOPLE IN SUFFOLK' is written in a smaller font. There are also social media icons for Facebook, Twitter, and YouTube. Below the header is a navigation menu with links for 'Home', 'Your Future', 'Your Body', 'Your Mind', and 'Your Life', along with a search bar. The main content area features a large image of a Rottweiler dog's face. Overlaid on the image is a yellow speech bubble with the text '"HOWL YOU DOIN'?"'. To the right of the dog is a pink box with the text 'TRY kooth' and 'FREE.SAFE.ANONYMOUS CHAT & SUPPORT'. Below the main image is a 'Quick Links' section with eight colorful buttons, each with an icon and text: 'Left school/college and stuck?', 'Emotional wellbeing helplines', 'Have we contacted you? (RPA)', 'I have additional needs', 'Quick links to useful websites', 'Kooth wellbeing support (free.anonymous)', 'What do I want to be when I am older?', and 'I am in care or a care leaver'. At the bottom of the screenshot, there is a 'Latest News' section.

[www.thesource.me.uk](http://www.thesource.me.uk)

# Quick Walk-through of The Source website...

The image shows a screenshot of the 'THE SOURCE' website. The header includes the logo 'THE SOURCE' and the tagline 'INFORMATION, ADVICE AND SOURCES OF SUPPORT FOR YOUNG PEOPLE IN SUFFOLK'. There are social media icons for Facebook, Twitter, and YouTube. A navigation menu contains 'Home', 'Your Future', 'Your Body', 'Your Mind', and 'Your Life'. A search bar is labeled 'Search here..'. The main content area features a dog holding a smartphone displaying a 'Create your CV' form. A blue speech bubble says 'WANT A JOB? CREATE A CV...'. A laptop displays a 'CV Builder tool' interface with sections for 'Education/Qualifications', 'Skills', 'Work Experience', and 'Interests'. A purple callout bubble says 'NO PROBLEMO!' and points to the laptop. A black box with white text says 'CV Builder tool'.

**THE SOURCE**  
INFORMATION, ADVICE AND SOURCES OF SUPPORT FOR YOUNG PEOPLE IN SUFFOLK

Home ▾ Your Future ▾ Your Body ▾ Your Mind ▾ Your Life ▾ Search here..

**WANT A JOB?  
CREATE A CV...**

**NO PROBLEMO!**

**CV Builder tool**

# Emotional Wellbeing Posters and Z Card Resources



**HOW ARE YOU FEELING TODAY?**

FABULOUS? STRESSED? ALRIGHT? ANGRY? UPSET? ANXIOUS?

We all have emotional health and wellbeing, and this is just as important as our physical health.

[www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)

The Source – information, advice and support for young people in Suffolk.



**MOVEMENT AND MENTAL HEALTH**

**7 Ways to Improve your emotional wellbeing**

[www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)

The Source – information, advice and support for young people in Suffolk.



**I FEEL LIKE HURTING MYSELF!**

Advice and support if you or a friend are self-harming

[www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)

The Source – information, advice and support for young people in Suffolk.

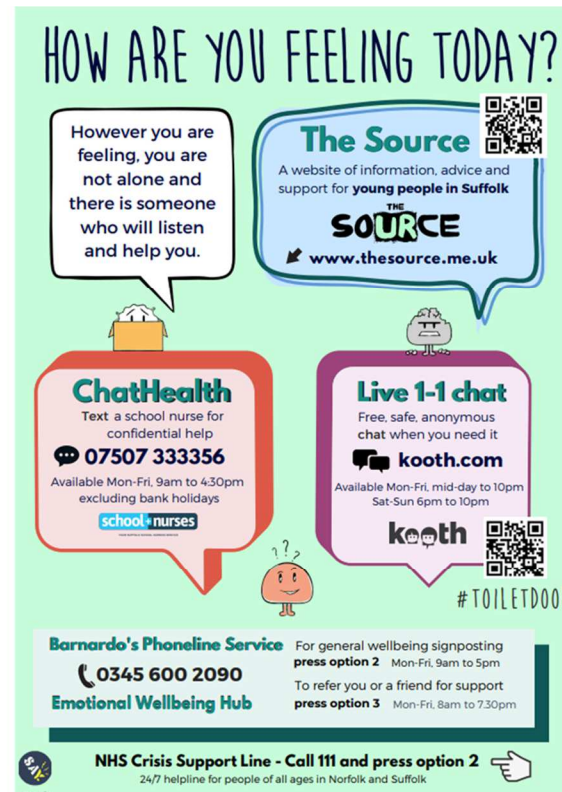


**IS LIFE GETTING TOO MUCH?**

Feeling overwhelmed or suicidal?

[www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)

The Source – information, advice and support for young people in Suffolk.



**HOW ARE YOU FEELING TODAY?**

However you are feeling, you are not alone and there is someone who will listen and help you.

**The Source**  
A website of information, advice and support for young people in Suffolk  
[www.thesource.me.uk](http://www.thesource.me.uk)

**ChatHealth**  
Text a school nurse for confidential help  
**07507 333356**  
Available Mon-Fri, 9am to 4:30pm excluding bank holidays  
school nurses

**Live 1-1 chat**  
Free, safe, anonymous chat when you need it  
**kooth.com**  
Available Mon-Fri, mid-day to 10pm  
Sat-Sun 6pm to 10pm  
kooth #TOILETDOOR

**Barnardo's Pheline Service**  
**0345 600 2090**  
Emotional Wellbeing Hub  
For general wellbeing signposting  
**press option 2** Mon-Fri, 9am to 5pm  
To refer you or a friend for support  
**press option 3** Mon-Fri, 8am to 7:30pm

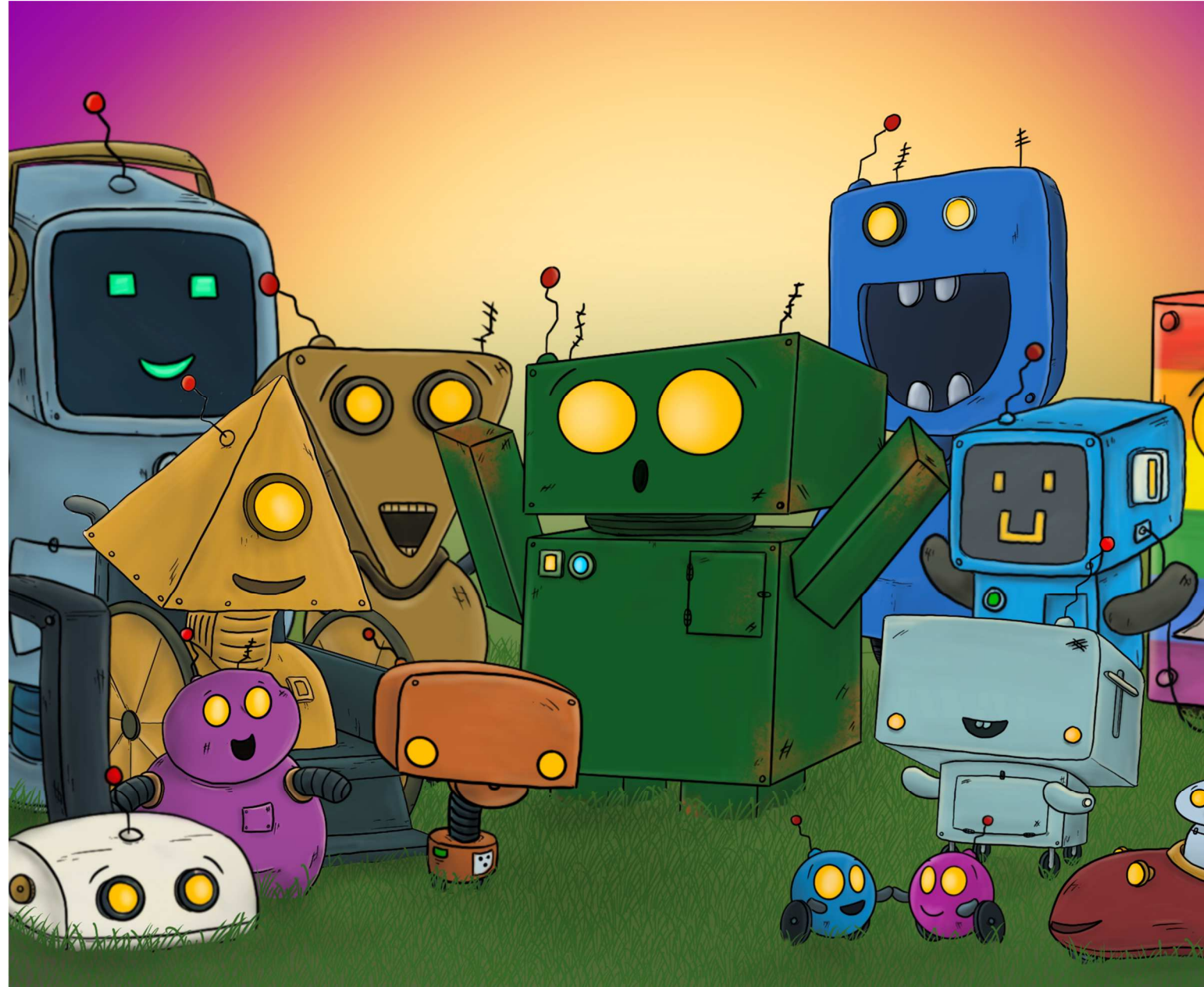
**NHS Crisis Support Line - Call 111 and press option 2**  
24/7 helpline for people of all ages in Norfolk and Suffolk

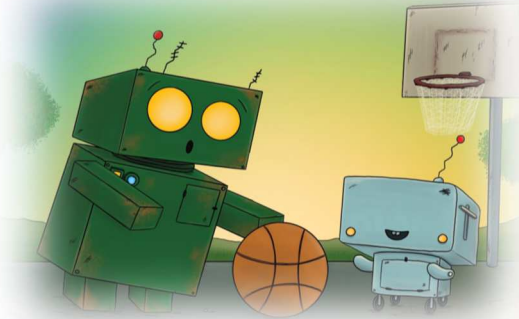
We have a series of wellbeing z-cards and resources available for young people to help schools and settings promote advice and support services

To request our wellbeing resources, go to [www.thesource.me.uk/resources](http://www.thesource.me.uk/resources)



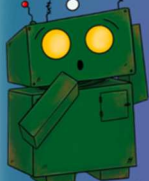
# **Jot** **the Robot's** **Wellbeing** **resources.**





HOW DOES THIS MAKE ME FEEL BETTER?

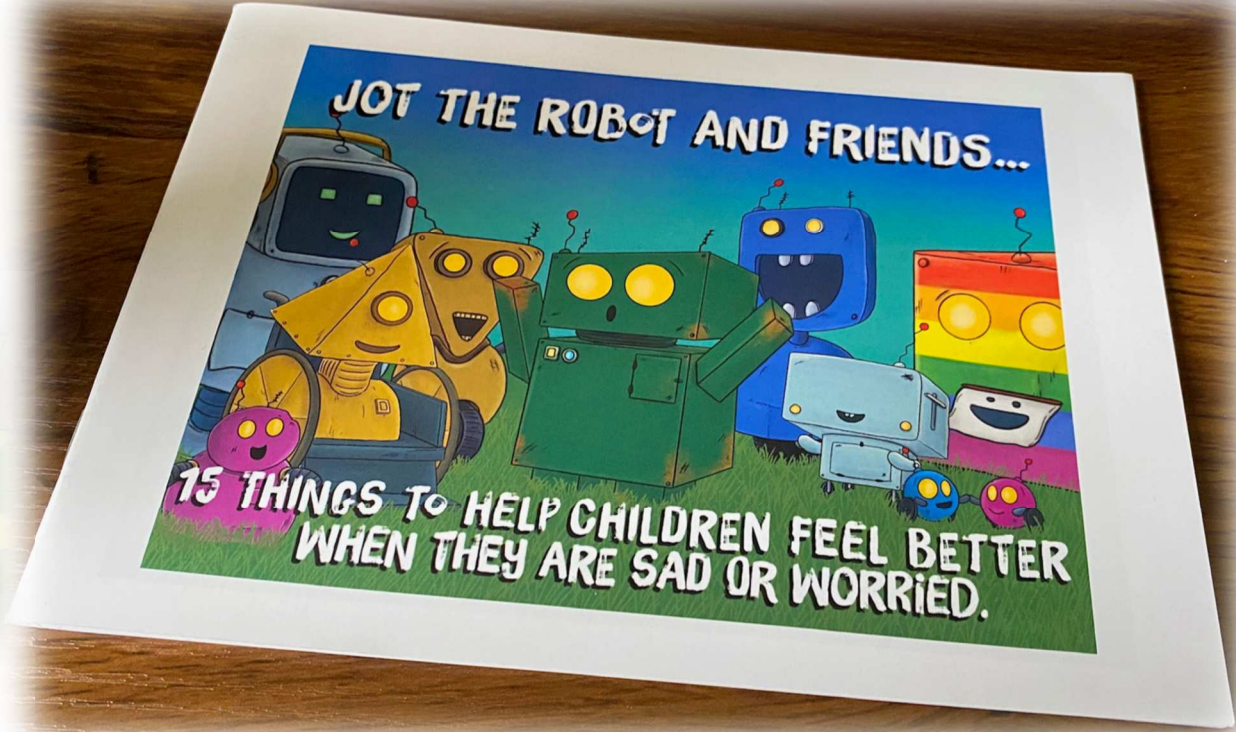
By learning something new we know what we like and don't like and what we are good at.



This can help to build our confidence, and is a great way to make new friends.

What could I do?  
Think about something you would like to try?

- You could:
- Try a new sport?
  - Try playing an instrument.
  - Try teaching yourself a new dance move.
  - Try playing a new board game.

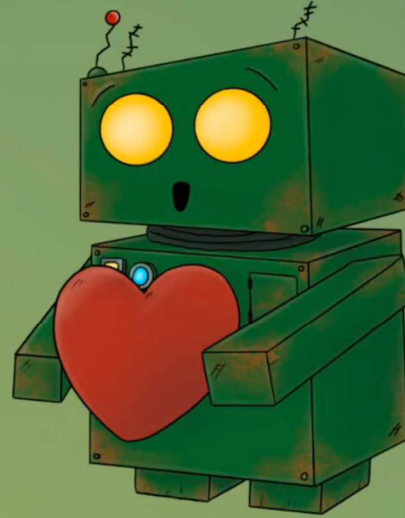


**15 things to help children feel better when they are sad or worried.**

# JOT

THE FRIENDLY ROBOT'S

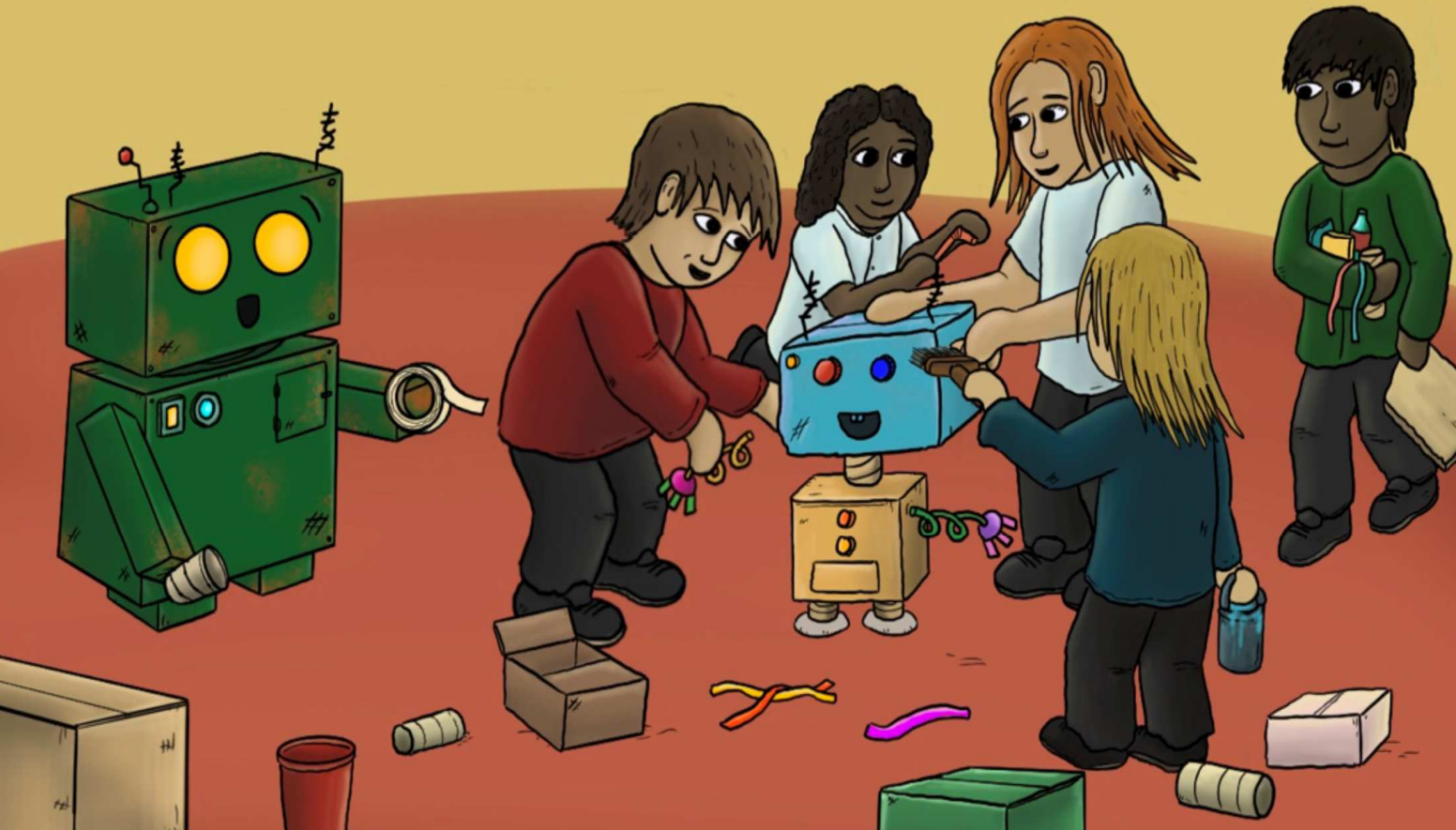
# WELLBEING TIPS



**Suffolk**  
County Council



# **Jot** **the Robot building** **workshops**



**We are offering Robot building workshops to primary schools in East & West Suffolk.**

**Where we talk about emotional wellbeing, using the flashcards with the children, asking them what they like to do to make themselves feel better.**

**The children then get to be creative and build their own robots out of recyclables.**

# Other Jot resources include...



## JOT THE FRIENDLY ROBOT'S SLEEP TIPS FOR CHILDREN.

1. LIGHTS OUT.
2. SCREENS OFF.
3. DON'T EAT SWEETS BEFORE BED.
4. SCARED OF THE DARK.
5. LIST YOUR WORRIES.
6. BE ACTIVE.
7. PETS.
8. CLOSE THE CURTAINS.
9. CUDDLE SOMETHING.
10. COMFY PJS.
11. READ A BOOK.
12. GO TO BED AND WAKE UP AT THE SAME TIME EVERY DAY.
13. PEACEFUL SOUNDS.
14. HAVE A WARM BATH.

# SLEEP TIPS.

1. LIGHTS OUT.  
A dark and cool room can help you get a better nights sleep.
2. SCREENS OFF.  
Did you know that the light from TV, computer, tablet, and phone screens can stop you falling asleep? Try not to use your tablet or phone before bed.
3. DON'T EAT SWEETS BEFORE BED.  
Eating food and drink with sugar in before bed can stop you feeling sleepy as sugar boosts our energy a lot. Sugar is also bad for our teeth so we should brush our teeth before going to bed.
4. SCARED OF THE DARK.  
A night light can make you feel safe if you are afraid of the dark or have bad dreams.
5. LIST YOUR WORRIES.  
Our worries can keep us awake at night. Writing down the things that you are worried about before bed can help you feel better or talk to your parent/carer.
6. BE ACTIVE.  
Being active and doing exercise helps you to sleep better. Exercise is good for your body and your mind.
7. PETS.  
A pet's movements and noises during the night can wake you up if they are sleeping in your bedroom. Try making your pet sleep in their own bed or outside your room.
8. CLOSE THE CURTAINS.  
This helps block out light from outside as well as help to reduce noise. Leave a little gap in the curtain if you don't like the dark.
9. CUDDLE SOMETHING.  
Cuddles are good at calming the mind. Hugging a pillow, cuddly toy, or something soft will help you fall asleep.
10. COMFY PJS.  
Wear your favourite comfiest pyjamas and get real cozy.
11. READ A BOOK.  
If you read a book or comic before bed, you will quickly find yourself dozing off. Books can make us feel dreamy, which can help us to fall into a deeper sleep.
12. GO TO BED AND WAKE UP AT THE SAME TIME EVERY DAY.  
Our body and mind works better if we have a good sleep routine. This is because of our body's internal clock which helps tell our body when to feel more alert and when to feel more tired at certain times of the day.
13. PEACEFUL SOUNDS.  
Listening to peaceful music, calming sounds like the rain or the sea, or audio books can help soothe our mind for sleeping.
14. HAVE A WARM BATH.  
If you're feeling tense or nervous about something have a warm bath a few hours before bedtime to relax your body. This can help you get a good night's sleep.

FOR MORE WELLBEING TIPS FROM JOT THE ROBOT, GO TO [WWW.SUFFOLK.GOV.UK/JOT](http://WWW.SUFFOLK.GOV.UK/JOT)

**JOT THE FRIENDLY ROBOT'S BIG RACE!**

HI SCRAPS! GUESS WHAT? HI JOT! WHAT'S UP? I AM RUNNING IN A RACE TODAY. THAT IS AMAZING! BUT WAIT...

WHAT ABOUT YOUR ASTHMA? IT'S OK... I ALWAYS KEEP MY INHALER AND SPACER CLOSE BY.

ASTHMA IS USUALLY TREATED BY USING AN INHALER, A SMALL DEVICE THAT LETS YOU BREATHE IN MEDICINES.

Just before the race... THAT REMINDS ME, I NEED TO TAKE MY INHALER TOO! THANKS JOT.

OH NO! I KNOW THAT FEELING... I BETTER TAKE A PUFF ON MY INHALER.

GO!

CHEER!!! YAY!!! CONGRATULATIONS JOT! IT'S A GOOD JOB YOU HAD YOUR INHALER!

Asthma is a common lung condition that can cause breathing difficulties. It affects people of all ages and often starts when you are a child. There are simple treatments that can help keep the symptoms under control so it does not have a big impact on your life.

**WHAT DO I DO IF SOMEBODY HAS AN ASTHMA ATTACK?**

1. SIT THE PERSON UPRIGHT, BE CALM AND RE-ASSURING. TELL THEM TO TAKE SLOW AND STEADY BREATHS. IF AN ADULT IS NEARBY ASK THEM FOR HELP OR SEND A FRIEND TO GET HELP.
2. TELL THEM TO TAKE ONE PUFF OF THEIR RELIEVER INHALER (USUALLY BLUE). EVERY 30 TO 60 SECONDS TAKE ANOTHER PUFF. UP TO 10 PUFFS IN TOTAL.
3. IF THEIR SYMPTOMS DO NOT IMPROVE AFTER 10 MINUTES CALL 999. GET AN URGENT APPOINTMENT TO SEE A GP OR ASTHMA NURSE AFTER AN ATTACK.

**INHALERS...**

**PREVENTER INHALER**  
Brown/Orange - Used everyday to help prevent asthma symptoms

**RELIEVER INHALER (WITH SPACER)**  
Blue - Used to quickly relieve asthma symptoms for a short time

**COMMON CAUSES/TRIGGERS**

- ALLERGIES (FUR, POLLEN, DUST)
- SMOKE OR POLLUTION
- COLD AIR
- EXERCISE
- HAVING A COLD OR FLU

**WHEN SHOULD I CALL 999 FOR AN ASTHMA ATTACK?**

- CALL 999 IF THEY ARE BRONCHES FEEL VERY TIGHT AND ATTACK
- STOP BREATHING
- ARE FIGHTING TO BREATHE TO AIR
- ARE FEELING REALLY VERY WORSE
- DON'T RESPOND BY THEIR SPACER
- DON'T HAVE AN ASTHMA RESCUE KIT WITH THEM

**REMEMBER:**

- KEEP IT WHERE YOU CAN SEE IT.
- SHARE IT WITH OTHERS.
- CHECK IT ONCE A MONTH.

FOR MORE JOT RESOURCES AND INFORMATION PLEASE VISIT [WWW.SUFFOLK.GOV.UK/JOT](http://WWW.SUFFOLK.GOV.UK/JOT)

JOT THE ROBOT CREATED BY JAG POND DOODLES.

Suffolk County Council

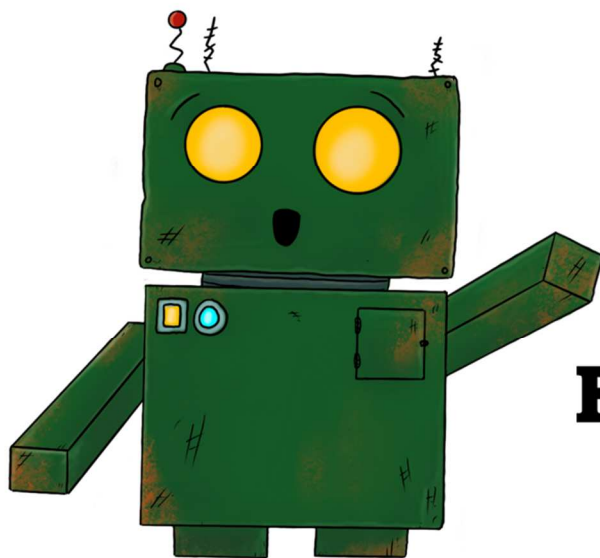
# ASTHMA ADVICE

# **Jot**

## **the Robot next steps...**



**Currently working on creating animations for each of the 15 wellbeing tips, which we are releasing new animations online each month.**



**We are looking at delivering the Jot workshop to older SEND children and young people.**

**For more information, please visit**  
**[www.Suffolk.gov.uk/Jot](http://www.Suffolk.gov.uk/Jot)**



# What else schools can access...

## Emotional Wellbeing Gateway Website (on Suffolk InfoLink)

The screenshot displays the Suffolk InfoLink Community Directory website. A large teal arrow points from the 'Health and Wellbeing' category tile on the left towards the 'Emotional Wellbeing Gateway - Mental Health Services & Support' page. The page features a search bar, a navigation menu, and a grid of service categories including Abuse, ADHD and autism, Addiction, Anxiety, Depression, Eating disorders, Grief and loss, Maternal mental health, OCD, Self-harm, Sleep, Staying mentally well, Stress, Suicidal thoughts, and Trauma. A yellow banner at the top of the page reads 'Worried about the cost of living? Need some support? Find out more here'. The NHS logo is visible in the top left corner of the page content.

[www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)



# SAY newsletter

- Suffolk Assembly of Youth (SAY) is a network of youth organisations and young leaders in Suffolk.
- The SAY e-newsletter is distributed monthly with the aim of keeping people in touch with general news, offers, opportunities, activities and services relevant to young people in Suffolk.
- To join the Say mailing list or to include an article, email quoting 'SAY' in the subject line to: **[thesource@suffolk.gov.uk](mailto:thesource@suffolk.gov.uk)**

Read our latest e-newsletter!



To hear more about SAY and youth projects across Suffolk



# Our contact details...

Please like and share our social media:

**Twitter:** @sourcesuffolk

**Facebook:** @thesourcewebsite

**Instagram:** @ehub\_

**Engagement Hub enquiries:** [thesource@suffolk.gov.uk](mailto:thesource@suffolk.gov.uk)

THE SOURCE HELPLINES • ADVICE • INFORMATION [thesource.me.uk](http://thesource.me.uk)  
for young people in Suffolk

