

# “ #HelloYellow!



On 10th October many members of the EP and admin team wore yellow for mental health day, (prompted by our wonderful colleague Jill Sandeman).

More children and young people than ever are seeking support with their mental health but fewer than one in ten finds it easy to get the support they need (young minds website).

We wore yellow on world mental health day to raise awareness of children and young people's mental health. The message behind the #HelloYellow campaign is to raise awareness so that whatever a young person or child is going through, they know they can talk to someone about it.

As a service we are committed to supporting schools in promoting emotional well being. A large percentage of our involvement with schools, and with the children's

homes, is concerned with supporting the emotional wellbeing of staff, children and young people.

The Emotional Literacy Support Assistant (ELSA) programme that our EP service runs (currently running on Mondays at NCEA), equips and supports staff in school with the skills that they need to listen to children and young people effectively, and help them to recognise and manage their emotions.



Alongside professionals from CYPS we will be presenting sessions at the mental health conference on 16th November on low mood and worry.

An EP on our team (Dr Gillian Shotton) has recently had the second edition of her book published on emotional wellbeing.

