

Northumberland Emotional & Mental Health and Wellbeing Resources

Be You Padlet

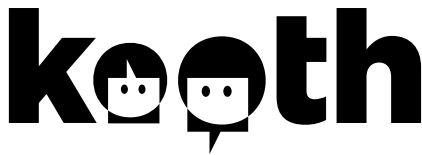


Range of resources provided by the Be You mental health support team. Please be aware some of the offer on this page is currently only available in the trailblazer areas (Hexham and Blyth partnerships)
<https://padlet.com/nies1/beyou>

School Wellbeing Audit

Northumberland Promoting Emotional Health and Wellbeing Checklist was discussed during the Designated Senior Mental Health Leads conference and it can be found on the Be You Padlet (4th Column). If your school is in a trailblazer area you can complete a form to request support with this tool although the audit tool itself is available county wide. <https://padlet.com/nies1/beyou>

Kooth



A free, confidential and safe space providing an online, mental wellbeing community for young people aged between 12-25 to find support and counselling, the CCG has bought into Kooth for all young people between 12-25 in Northumberland.
www.kooth.com

Qwell



Available to Educators and education staff in Northumberland. A safe and confidential space to share experiences and gain support from our community and qualified professionals.
www.qwell.io

Take a Minute

Educational Psychologist, Jill Sandeman's take a minute recordings. Jill is happy for these to be shared for the use of staff and parents. Please remember they were originally made to be played on Facebook and so refer to comments and likes! Please send any feedback to us instead.

<https://sway.office.com/884P1xV1QpngWJAd?ref=email>

Friends Resilience training



The Friends Resilience programs aims to build resilience and reduce anxiety for children and young people now and across their lifespan. There are 4 programs aimed at different age groups:

Fun Friends (age 4-7)

Friends for Life (age 8-11)

My Friends Youth (age 12-15)

Adult Resilience (age 16+)

More information and the sign up forms are available on the Be You padlet

<https://padlet.com/nies1/beyou>