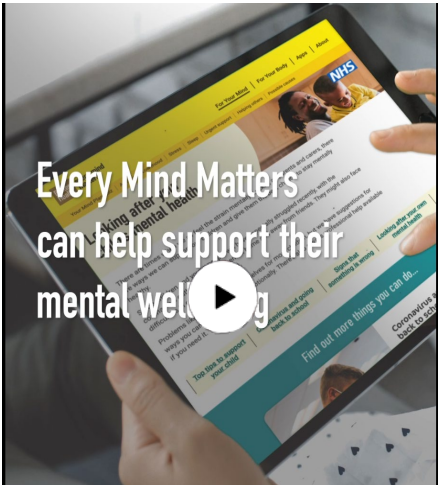
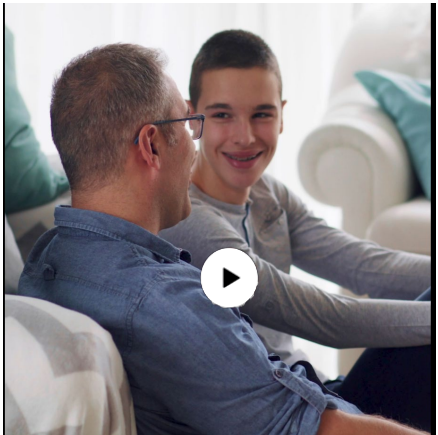
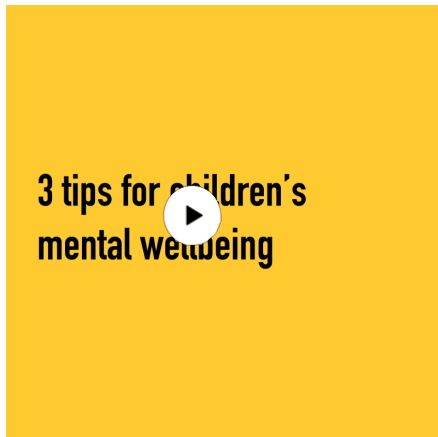


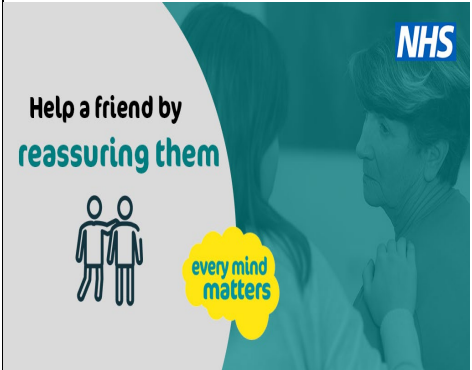


# NYCC Mental Health Toolkit – resources, comms and links to share with children, young people and adults

Audience	Channel	Asset	Copy	Resource
young people, students	Social media animation		<p><b>Your mental health is important</b> <b>Talking can help</b></p> <p>Consider how to connect with others.</p> <p>There's ways of staying in touch with friends and family virtually.</p> <p><a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a></p> <p>NHS talking therapies can help if you're struggling to cope with feelings of anxiety or depression. Visit <a href="http://NHS.uk/talk">NHS.uk/talk</a></p>	<p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454">https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454</a></p>
young people, students	Social media animation		<p><b>Your mental health is important</b> <b>Dealing with change</b></p> <p>Changes to our daily lives can cause stress and make us feel out of control. Try to focus on things you can control.</p> <p>Watch this video for tips on how to de-stress and cope with change.</p> <p><a href="http://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health">www.nhs.uk/oneyou/every-mind-matters/youth-mental-health</a></p>	<p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454">https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454</a></p>
young people, students	Social media animation		<p><b>Your mental health is important</b> <b>Unhelpful thoughts</b></p> <p>Dealing with unhelpful thoughts can be tough, to help we can talk to others about how we're feeling and do things we enjoy to combat those feelings.</p> <p><a href="https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health">https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health</a></p>	<p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454">https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454</a></p>

<p>univers al</p>	<p>Social media static</p>		<p><b>Your mental health is important</b> <b>Talking can help</b></p> <p>Consider how to connect with others. There's ways of staying in touch with friends and family virtually.</p> <p><a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a></p> <p>NHS talking therapies can help if you're struggling to cope with feelings of anxiety or depression. Visit <a href="https://www.nhs.uk/talk">NHS.uk/talk</a></p>	<p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/82-every-mind-matters">https://campaignresources.phe.gov.uk/resources/campaigns/82-every-mind-matters</a></p>
<p>young adults, student s</p>	<p>Social media static</p>		<p><b>Your mental health is important</b> <b>Talking can help</b></p> <p>Consider how to connect with others. There's ways of staying in touch with friends and family virtually.</p> <p><a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a></p> <p>NHS talking therapies can help if you're struggling to cope with feelings of anxiety or depression. Visit <a href="https://www.nhs.uk/talk">NHS.uk/talk</a></p>	<p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454">https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454</a></p>
<p>young adults, student s</p>	<p>Social media static</p>		<p><b>Your mental health is important</b> <b>Talking can help</b></p> <p>Consider how to connect with others. There's ways of staying in touch with friends and family virtually.</p> <p><a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a></p> <p>NHS talking therapies can help if you're struggling to cope with feelings of anxiety or depression. Visit <a href="https://www.nhs.uk/talk">NHS.uk/talk</a></p>	<p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454">https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454</a></p>

<p>universal</p>	<p>Social media static</p>		<p><b>Your mental health is important</b> <b>Physical and mental health</b></p> <p>Keeping your body healthy can also be a great way to relieve stress and keep your mind healthy.</p> <p>Sport England have their 'Join the movement' national campaign to inspire people to stay in and get active.</p> <p><a href="http://www.sportengland.org/jointhement">www.sportengland.org/jointhement</a></p>	<p><a href="https://campaignresources.phe.gov.uk/resources/campaigns/111-better-health---every-mind-matters/resources">https://campaignresources.phe.gov.uk/resources/campaigns/111-better-health---every-mind-matters/resources</a></p>
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<p>CYPS</p>	<p>A-F Inform, encourage and provide education facilities with tools to support mental health</p>	<p>1-3 Link to agreed web content on <a href="http://www.nhs.uk/oneyou/evry-mind-matters/">www.nhs.uk/oneyou/evry-mind-matters/</a></p>	<p><b>Looking after our mental health: Physical and mental health</b></p> <p>Keeping your body healthy can also be a great way to relieve stress and keep your mind healthy.</p> <p>Sport England have their 'Join the movement' national campaign to inspire people to stay in and get active.</p> <p><a href="http://www.sportengland.org/jointhement">www.sportengland.org/jointhement</a></p> <p><b>Looking after our mental health: Self-care and social media</b></p> <p>Spending more time inside means lots of us have spent more time online. This can have a negative impact on our mental wellbeing.</p> <p>Watch this video for tips on how to avoid getting stressed through social channels and what else to do to feel good.</p> <p><a href="https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health">https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health</a></p> <p><b>Your mental health is important Dealing with change</b></p> <p>Changes to our daily lives can cause stress and make us feel out of control. Try to focus on things you can control.</p> <p>Watch this video for tips on how to de-stress and cope with change.</p> <p><a href="http://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health">www.nhs.uk/oneyou/every-mind-matters/youth-mental-health</a></p>
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**Your mental health is important**

**Unhelpful thoughts**

Dealing with unhelpful thoughts can be tough, to help we can talk to others about how we're feeling and do things we enjoy to combat those feelings.

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health>

**Your mental health is important**

**Sleep**

Sleep affects your mind and body and how you function on a daily basis. Sleep is more important than you think.

Watch this video on how to make sure you are getting enough sleep

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health>

**Other links:**

<https://www.kooth.com/> - emotional and mental health support for children and young people aged 11-18 years - commissioned by CCGs

<https://www.thegoto.org.uk/> - NYCCG online resource (lots of prepared comms available)

<https://www.healthyminds.services/> - Craven specific - commissioned by Bradford CCG (lots of prepared comms available)

<https://www.compass-uk.org/services/north-yorkshire-compass-buzz/> - service that aims to improve the mental health and wellbeing of children and young people aged 5-18 (25 with SEND) in schools across North Yorkshire (commissioned by NYCC).

<https://youngminds.org.uk/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

**Resources:**

<https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5343>

<https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5350>

<https://campaignresources.phe.gov.uk/resources/campaigns/111/resources/5454>

<https://campaignresources.phe.gov.uk/resources/campaigns/117-help-us/resources>