



Mental Health Awareness Newsletter

Welcome to our February Mental Health & Wellbeing newsletter.

Since we have returned from Christmas our department has been really busy! We have been busy working on 1:1 targetted support for individual students for a variety of needs, crisis visits, ad-hoc support, Mental Health Lunch Club as well as the co-production and support for our external agencies who use our Mental Health Hub such as YPAS, The Bobby Colleran Bereavement Charity and Everton In The Community just to name a few.

Everton continue to support our students on a 1:1 or small group basis on their premier league inspires programme delivering targeted intervention with the view to improving mental and physical wellbeing, aspirations and attainment through a programme bespoke to each participant.. We also have them in school every Thursday afternoon to deliever their Tackling The Blues programe, offering a range of interactive and engaging activities, with young people participating in tailored educational and peer-led activities which focus on conditions associated with mental illness. Our stduents have been involved in the co-production of the project, lead by them on what they would like to learn, to know more about and what they feel may benefit them. Students will participate in weekly physical activity and classroom-based sessions including competitive and non-competitive activities which have been associated with positive behaviour change among us. This project will run from January through to the end of June. So far the students have been thoroughly enjoying it and engaging well.

The Mental Health Team have also been busy organising this years performance for the NOW Festival. This will be the 10th Anniversary, which this year we are re-visiting all of the past themes, such as ACES (Adverse Childhood Exerperiences), Violence and Technology. Over the last decade, the NOW festival has established itself as a unique and inclusive oppportunity for young people to collaborate with other schools across the city while sharing creative ideas and engaging with mental health themes, encouragging collaboration and growth.

Since 2016, this annual event has brought together children and young people across the city, amplifying their voices through impactful performances tackling critical issues that are important to them. For this years NOW festival, we will be focusing our peformance on the events from last summer, which saw the destroying and

damage of our communities Spellow Library, as well as businesses and how the riots were influenced by violence and technology. This year we will be performing in the stunning St George's Hall on opening night of Tuesday 4th February during Children's Mental Health Week.

If you would like more information this years NOW festival please take a look at the link below where you will also be able to purchase tickets if you would like to come along and support our wonderful hard working students. Our performance this year is something which all the students have chosen as on some level it has affected themselves and they have witnessed the distraction within our community.



Tuesday 4th - Thursday 6th February 2025

St George's Hall Concert Room In Liverpool

6:00pm

Let's UNITEnot FIGHT

The 2025 Festival – NOW Festival

We would like to remind all parents to have a chat with their child safe travelling to and from home and school. We need to remind our children that they are to be vigilant whilst out in public, emphasise trying not to walk alone, to only wear 1 aiprod so they can be alert to the sounds of anyone who may be following them and to walk facing traffic so they can be aware of cars slowing down or stopping. Can you also advise any of our children

What Parents & Educators Need to Know about TIKTOK

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT
While TikTok's following feed only displays videos from familiar creators, parents or a collection based on a user's previously watched clips, kids of all ages can view potentially inappropriate, and the algorithm potentially show something unuitable. If children then engage with this content, more and more, TikTok's guidelines prohibit the showing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

CONTACT WITH STRANGERS
With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people acting in fake roles of them) are so public by default. This means that not only is someone's profile visible to everyone who sees the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION
Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of disinformation on TikTok, but Ofcom reports that nearly a third of 12- to 16-year-olds use TikTok as a news source – so you should be wary of misguidance, hoax or conspiracy-related material spreading how they see the world.

ADDICTIVE DESIGN
With its constant stream of eye-catching videos, TikTok can be addictive to young users. In 2024, UK children spent an average of 107 minutes per day on the app; that's twice as much as in 2023. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other important tasks. The frequent, often skipable nature of bite-size videos may also impact children's ability to maintain focus.

IN-APP SPENDING
TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coins have a value from £9 to an eye-watening £99, while that may not sound appealing, one app has generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

ENABLE FAMILY PAIRING
Family Pairing allows parents to link their child's TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode, reducing the choices of content (and therefore reducing the chance of inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't turn these settings without parental approval.

DISCUSS THE DANGERS
If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and how to identify it.

READ THE SIGNS
If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the potential exists as there is for a reason, and it's never too late to set up a limit.

Meet Our Expert
Alan Martin is an experienced technology journalist who has written for the likes of Wired, Tech Radar, Tom's Guide, The Evening Standard and The New Statesman.

Wake Up Wednesday The National College

@wake_up_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

travelling on the bus to mindful of any passengers who may sit next to them and also stay alert. This is a message being reminded by all schools on a regular basis.

An ongoing trend we have noticed, is the impact social media platforms such as Tik Tok, Snapchat and Instagram is having on our young peoples mental health and wellbeing. Young people are feeling more pressure then ever to fit into societal norms created by 'influencers'. We also know peers can add additional pressure via communication through these platforms. As responsible adults, it is important to screen your child's device and make sure all content is appropriate. Here is some advice we feel may be useful.

We have also become aware of an app called 'Omegle' app which is a free to download that connects you to millions of people round the world. No log in is apparantly required, you can just start chatting. The service says it has a 13+ and a 18+ service but children can download this app and accept a 18+. It could also be downloaded as 'Monkey' app which allows you to talk to strangers. Please be vigilant with your children downloading these app as they are unsure as to what content they may be being exposed to.

Fresh CAMHS are running a parent/carer support group, for all those who have ever attended a CAMHS service within Liverpool or Sefton or are still on the waiting list to be seen. This will be a brilliant oppirtunity to go along speak with the practitioners and other parents in simialar situations as yourself. Know you are not alone and there are people there to support you. Below are dates running through to April, please make sure of this service as it can be a vital lifeline for you if you are struggling.



Make a referral to CAMHS online
Children, young people, parents and professionals can make self-referrals into partnership mental health services and get support from Liverpool CAMHS.

CAMHS Crisis Line - 01512933577

Crisis Care Freephone - 08081963550

Fresh CAMHS - 01512933662

FRESH PLUS PARENT/CARER SUPPORT GROUP

Alder Hey Children's 
NHS Foundation Trust

Feb - April
2025



Open to all parents & carers who have a child/children who have ever attended or are attending a CAMHS service (Liverpool & Sefton), or are on the waiting list.

Set up by parents/carers to provide other parents/carers with a safe, non-judgemental place to find advice and support.



Know that you are not alone



February	March	April
Monday 3rd Feb 09.30 - 11 am Zoom Behaviour As Communication	Monday 3rd March 09.30 - 11 am Zoom	Monday 7th April 09.30 - 11 am Zoom - Understanding Self-Harm
Thursday 13th February 6.30 - 8 pm Institute In The Park & Zoom Stress & Anxiety		Thursday 10th April 6.30 - 8 pm Institute In The Park & Zoom
Thursday 20th February 11 am - 12.30 pm Southport Centre For Health & Wellbeing	Thursday 20th March 11 am - 12.30 pm Southport Centre For Health & Wellbeing	
Monday 24th February 7 - 8.30 pm Separation Anxiety Webinar	Monday 24th March 7 - 8.30 pm School Anxiety Webinar	Monday 28th April 7 - 8.30 pm Zoom



For further information and details visit our website
www.freshplusgroup.org.uk
or scan the QR code



HAVING THOUGHTS OF SUICIDE?
THERE IS HELP AND HOPE

HOPELINEUK

0800 068 4141

07860 039 967

pat@papyrus-uk.org



PAPYRUS – Prevention of Young suicide - Text: 07860 039 967

HOPELINEUK – HOPELINEUK - 0800 068 4141 is a suicide prevention helpline, free and confidential space to openly talk about thoughts with trained advisors by phone, text, email or webchat.

APP- staying alive – free suicidal app to help stay safe with thoughts

SHOUT 85258 - 24/7 text service. Under 18s text GREEN to the number and Over 18s text HEAL to that number



Everton In the Community run a food market Every Thursday 10am -12pm £3.50 for roughly £25 worth of fresh meat, fruit/veg. Also has Riverside Housing for housing advise and information, CAB – debt advise as well as other services. Registration is required before you can access food market and will need to bring proof of address in form of a bill etc.



If you live in Liverpool * then you are eligible to free, lifetime access to these online guides. Visit and enter the following access code: PURPLEBIN



stem4

stemming teenage mental illness
supporting teenage mental health



www.stem4.org.uk

support for teenage
mental health.

Has information on
useful apps to support
what your worried
about etc

YOUNGMINDS

fighting for young people's mental health

www.youngminds.org.uk
support for young people
and parents/carers for
mental health, urgent
help and lots of resources
and support.

YOUNGMINDS

fighting for young people's mental health



EXCITING ANNOUNCEMENT

We have exciting news!
The walk in support (WISH) hub will be piloting a new appointment booking system as of Monday 27th Jan 2025.
 You will now be able to book in an appointment up to two weeks in advance to meet one of our walk in support hub practitioners.

Our WISH service can get very busy at certain times so if you are able to book your appointment in advance please see further details on our website of how to do this:

Follow the link to book yours NOW!

www.ypas.org.uk



DEALING WITH LOSS AND GRIEF

- Find small moments of joy
- Acknowledge your feelings
- Express your feelings
- Take your time
- Practice self care
- Find a support network
- Don't think to far ahead
- Seek professional help if needed

What People THINK Causes Depression:

- Weakness
- Laziness
- An inability to "suck it up"



What ACTUALLY Causes Depression:

• Trauma	• Neglect	• Genetic factors
• Overworking	• chemical imbalance	• Low self-esteem
• Lifestyle factors	• Perfectionism	• Grief & loss
• Abuse	• Bullying	• Lack of fulfillment
• Excess stress	• Lack of social support	• Chronic fatigue
• Body image issues		

Depression is a very complicated illness - there's not simple solution that allows one to just "snap out of it"

Please remember this.
#BreakTheStigma





0300 123 3393
Open 9am-6pm weekdays

SAMARITANS

116 123
Always open

CAMPAIGN AGAINST LIVING MISERABLY

0800 58 58 58
Open 5pm - midnight

If you're in Wales:

CALL

If you're under 25:

THE MIX

0800 132 737
Always open

0808 808 4994
Open 4pm - 11pm weekdays

ChildLine

0800 1111



You can speak to a counsellor at Childline between 7.30am and 3.30am every day.
Call **0800 1111**

shout

for support in a crisis

Shout 85258 is a free, confidential text support service. Trained Shout Volunteers are there for you 24/7
Text **85258**.