



ST MICHAEL & ALL ANGELS C. E. (FOUNDATION) PRIMARY AND PRE-SCHOOL

Respect. Resilience. Responsibility. Confidence. Co-operation. Compassion.

Dear Parent/Carer

24 January 2023

Open Minds

Thank you to those who attended the Open Minds Social Media and Wellbeing workshop on Thursday either in person or remotely online. I have attached the resources below and uploaded them to our [website](#) under [Parents/Your Child's Wellbeing](#) for everyone to refer to and for those who were unable to attend, but may find the information useful, please take a look at the [Open Minds website](#) – this has lots of great resources and tips for young people.

- [Workshop Slides](#)
- [Resource Pack](#)
- [Online Safety for parents of children aged 6-10 year old](#)
- [Tips, Internet Manners](#)
- [Social Media Final](#)
- [Supporting an Anxious Child](#)

The Open Minds Partnership includes different services in Calderdale which offer different kinds of support:

- Time Out – guidance about emotional wellbeing, managing worries and looking after yourself. 10-19 years.
- Kooth – online, anonymous counselling. 10-25 years.
- The Brunswick Centre – advice and support for those who identify or are questioning their gender and/or sexual identity.
- Calderdale Young Carer's Service – advice and guidance on being a young carer. 8-18 years.
- Branching Out – specialist support and advice around drugs and alcohol. 10-21 years.
- The Brew Project – 1:1 support sessions or 1:1 'walk and talk' service. 5-17 years.
- Calderdale School Nursing Team – help to manage long and short-term conditions in education settings for children and young people. 5-19 years.
- Open Minds (CAMHS) – advice and signposting, 1:1 specialist mental health support. 5-18 years.

Currently, SilverCloud offers children and young people five programmes of mental health support. Three for young people and two for parents/carers of children and young people. Free, minimal wait times, early intervention for mild/moderate anxiety/low mood.

Meadow Close, Greenacres, Shelf, Halifax, HX3 7QU. Telephone: 01274 676246

Website: www.st-michaelangels.calderdale.sch.uk Email: admin@st-michaelangels.calderdale.sch.uk



- Supporting an Anxious Child (4-12 years) and Supporting an Anxious Teen (13 plus) are online interventions for parental use alongside their child. The programmes are based on CBT and built in conjunction with leading clinical experts. These programmes provide psychoeducation, tools and activities in a safe confidential space to help parents support their children or teens. For more information please contact silvercloud@northpoint.org.uk or 01422 300 001.

Referrals can be made here: Silvercloud | Northpoint Wellbeing - Open Minds (CAMHS) (openmindscamhs.org.uk)

Useful links - The Brunswick Centre – specialist advice and support to those who identify or are questioning their sexual and/or gender identity. Contact details: 01422 341 764 or info@thebrunswickcentre.org.uk

The Brew Project – 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service. 5-17 years. Contact details: 01422 730015 or support@invictuswellbeing.com

Branching Out – specialist support and advice around drugs and alcohol. 10-21 years. Contact details: 01422 415550

Calderdale School Nursing Team - help to manage long and short-term conditions in education settings for children and young people. 5-19 years. Contact details: 030 3330 9974 (duty line) or online referral via online referral form

Calderdale Young Carer's Service – advice and guidance on being a young carer. 8-18 years. Contact details: 01422 261208 or www.calderdale.gov.uk/y/cs

Noah's Ark – therapeutic services for young people and bereavement support group. Paid service. www.noahsarkcentre.org.uk

Open Minds (CAMHS) – signposting, advice and mental health interventions for children aged 5-18 years. Also offers consultation, support, advice, training and referral guidance to parents/carers, young people and professionals. Contact details: 01422 300 001. www.openmindscamhs.org.uk

The next workshop is about 'sleep difficulties' and will again be available for you to attend in person in school or remotely online on Tuesday 14th March at 4pm; further details to follow.

Yours faithfully

Mrs Westby

Learning Mentor