

07 USEFUL RESOURCES AND INFORMATION

Link up with other campaigns:

In addition to 'Just Talk' campaign week (dates can be found on www.justtalkherts.org from summer onwards each year), the following 2019/20 dates are good opportunities to promote 'Just Talk':

- **10th Oct 2020: World Mental Health Day**
- **January 2021: Samaritans 'Brew Monday' tends to take place in January each year.**
- **February 2021: Time to Talk Day, Children's Mental Health Week, Feeling Good Week, and Just Talk campaign week tend to take place in February each year.**

Link up with the school's mental

health lead: Ask in your school who the school's mental health lead is. All schools will have one. They may want to help you in promoting 'Just Talk'. The key elements of the Mental Health Lead role are:

- **Developing the whole school approach to emotional wellbeing and mental health;**
- **Identifying pupils with emotional wellbeing/mental health issues;**
- **Knowledge and liaison with local services;**
- **Co-ordination of school-based interventions;**
- **Support for staff development.**

In Hertfordshire the CAMHS School Link Manager is supporting Mental Health Leads to ensure that all have a level of awareness of emotional wellbeing and mental health and have accessed training.

USEFUL WEBSITES

Hertfordshire:

www.justtalkherts.org

The campaign website containing information for professionals, young people and parents/carers.

www.healthyyoungmindsinherts.org.uk

Hertfordshire mental health information for professionals, young people and parents/carers.

www.ychertfordshire.org

YC Hertfordshire's website providing information on local youth groups and support. You can also visit the young person focused site www.mogolistings.org

www.kooth.com

Online mental health support for Herts young people.

www.healthforteens.co.uk

Health information for teenagers in Hertfordshire.

www.healthforkids.co.uk

Health information for children in Hertfordshire.

National:

youngminds.org.uk

Young minds is a charity committed to ensuring that young people have the strongest possible voice in improving their mental health. This website contains lots of useful information. There is also a helpline for parents.

www.time-to-change.org.uk

Time to Change is a national charity tackling the stigma surrounding mental illness. A lot of the Just Talk resources link to short films and information on offer from this website.

www.samaritans.org

Samaritans offer anonymous mental health support for people of any age.

mindedforfamilies.org.uk

MindEd is a free online learning resource for people wanting to learn more about mental health and mental illness

www.themix.org.uk

Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.



LIST OF PARTNER LOGOS



let's end mental health discrimination



