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# Impact of Covid-19 on Children and Young People's Mental Health

# National Context

*2020 National Survey results were based on 3,570 children and young people who also took part in the 2017 survey.*

- **Rates of probable mental disorders have increased since 2017. In 2020, one in six (16.0%) children aged 5 to 16 years were identified as having a probable mental disorder, increasing from one in nine (10.8%) in 2017. The increase was evident in both boys and girls (NHS Digital)**
- Among 11 to 16 year old girls, 63.8% with a probable mental disorder had seen or heard an argument among adults in the household, compared with 46.8% of those unlikely to have a mental disorder
- **Among those aged 5 to 22 years, 58.9% with a probable mental disorder reported having sleep problems. Young people aged 17 to 22 years with a probable mental disorder were more likely to report sleep problems (69.6%), than those aged 11 to 16 (50.5%) and 5 to 10 (52.5%)**
- Children and young people with a probable mental disorder were more likely to say that lockdown had made their life worse (54.1% of 11 to 16 year olds, and 59.0% of 17 to 22 year olds), than those unlikely to have a mental disorder (39.2% and 37.3% respectively)

NHS Digital (2020) *Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey*. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up>



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## Local Context

- Data from the 0-19 service has shown an increase in children and young people who have low health and wellbeing scores on the Warwick-Edinburgh Mental Wellbeing Scale and numbers referred through emotional health and wellbeing care pathways and to specialist mental health services.
- 0-19 Service data also appears to show a rise in perinatal mental health issues with an increase in mothers scoring above the threshold on the Edinburgh Postnatal Depression Scale, although this should be interpreted with caution due to small numbers.
- Bolton Together have also reported a rise in demand for their more intensive one to one support since the pandemic began, and report that young people generally would prefer face to face interaction than online support, as they are suffering “Zoom fatigue”, in the same way many adults working from home are, from so much time online for schooling and other aspects of their social lives.
- All services have reported an increase in acuity and complexity which can't be demonstrated within local data. Bolton's JSNA is currently under development and is capturing this qualitative feedback across services.

*The following slides show an overview of service data across Bolton.*



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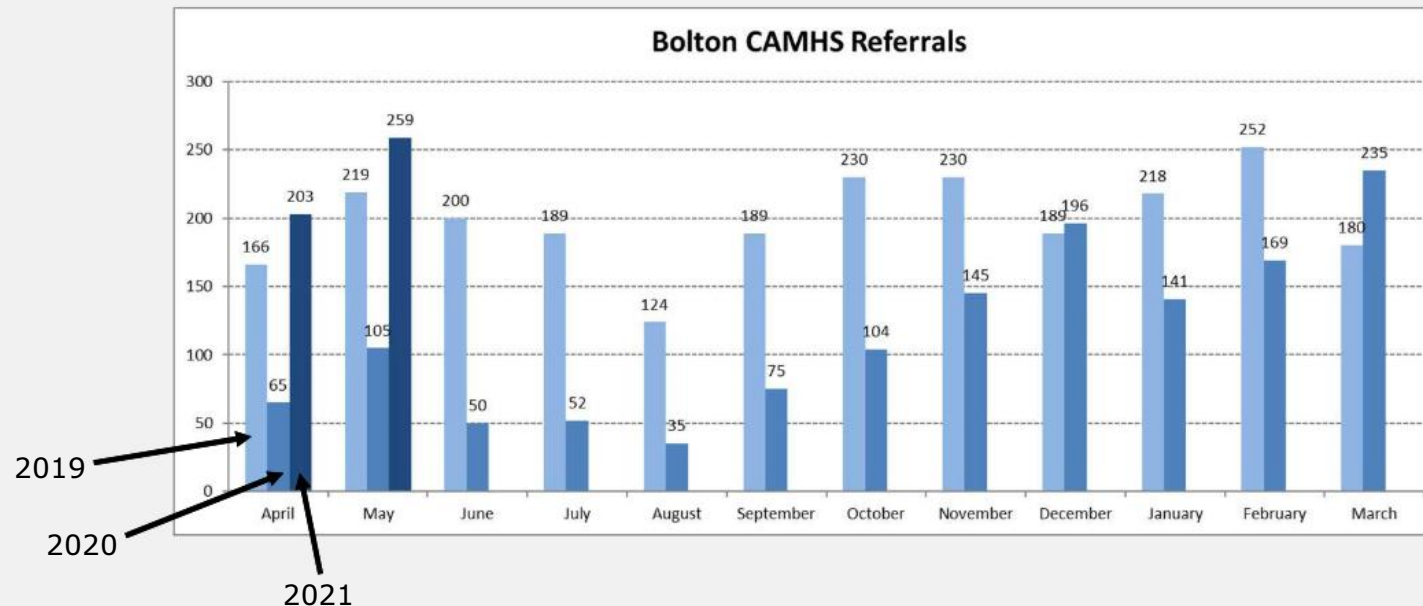
# Local Data



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# Bolton CAMHS Referrals



- In 2019/20 there were a total of 2605 referrals to Bolton CAMHS. This reduced significantly over the pandemic with 1477 referrals made in 2020/21.
- Bolton CAMHS are now seeing an increased demand on accessing Bolton CAMHS with 462 referrals being made within the first two months of 2021/22 – this is 77 more than the same time period in 2019/20 and 292 more than in 2020/21 (April – May).



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# CYP Access to Mental Health Treatment

	Actual number of CYP receiving treatment (YTD)	Total number of CYP with a diagnosable mental health condition	Percentage access rate (2020/21) last 12 months. Target 35% (by end 2020/21)
<b>ENGLAND</b>	420,504	1,060,949	39.6%
North West	61,720	146,064	42.3%
Greater Manchester	27,320	59,099	46.2%
NHS Bolton CCG	2,295	6,484	35.4%
NHS Bury CCG	1,875	3,877	48.3%
NHS HMR CCG	3,200	5,086	62.9%
NHS Manchester CCG	6,765	12,364	54.7%
NHS Oldham CCG	1,880	3,965	47.4%
NHS Salford CCG	2,880	5,445	52.8%
NHS Stockport CCG	2,325	5,400	43.1%
NHS Tameside and Glossop CCG	2,160	5,485	39.4%
NHS Trafford CCG	1,850	4,593	40.3%
NHS Wigan Borough CCG	2,095	6,400	32.7%

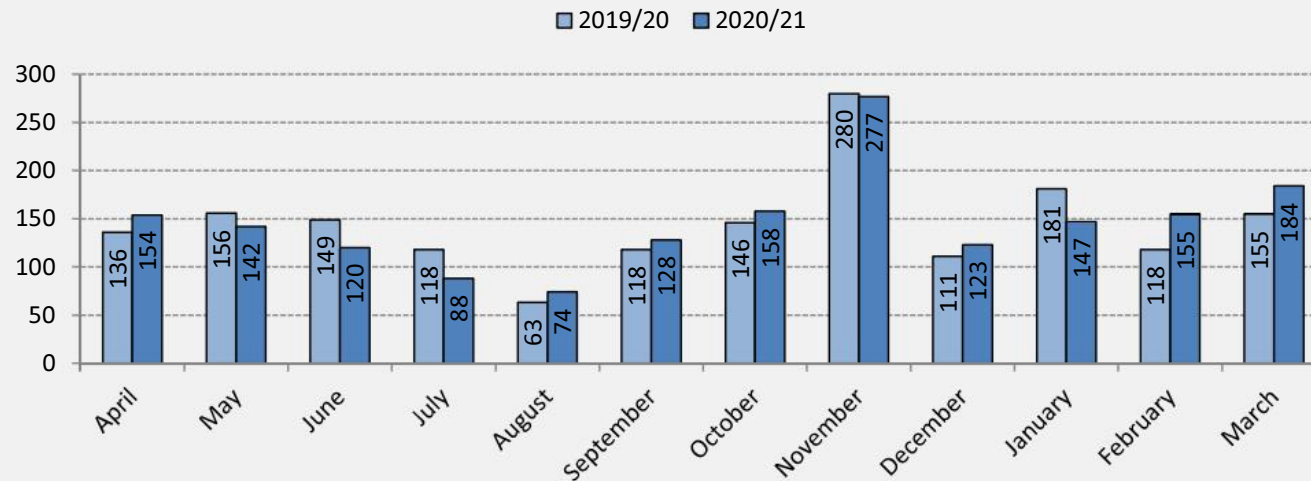
- The CYP Access to Mental Health Treatment is a national requirement set out within the Five Year Forward View for Mental Health (2016). By 2020/21, localities must ensure that 35% of children and young people with a diagnosable mental health condition receive NHS funded treatment (treatment consists of at least 2 meaningful contacts within the reporting period)
- For 2020/21, **Bolton achieved an access rate of 35.4%**. This figure is solely based on data submitted to the Mental Health Services Data Set (MHSDS) and therefore doesn't currently include any access to treatment through Bolton's VCSE mental health offer in addition to treatment for autism through Community Paediatric. We are aware of this underreporting and are working with NHS Digital to support our VCSE colleagues to stream data to MHSDS
- For 2021/22 we are currently forecasting a CYP Access rate of 48.5% based on a 57.9% access rate in April followed by 36.9% in May. April access rates are always significantly higher as CYP can be counted again within the new financial year.



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# Kooth (1)

## Number of KOOTH New Registrations



- In 2020/21 a total of 1,750 new registrations were made to Bolton's online counselling platform for 11 – 25 year olds. Despite a lack of face to face promotion of Kooth by Bolton's allocated Integration and Participation worker, the registrations remain consistent with 2019/20 where a total of 1,731 new registrations were reported.
- A total of 14,235 logins from 2205 individual young people were made to the service across the financial year. A total of 450 1:1 counselling sessions also took place.



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## Kooth (2)



Top 10 most prominent issues	
Issue	2020/21
Anxiety/Stress	150
Suicidal Thoughts	109
Self Harm	103
Family Relationship	97
Self Worth	53
School/College issues	52
Depression	43
Friendships	36
Sadness	34
Sleep Difficulties	20
Eating Difficulties	18
Bereavement	9
Bullying	9

- Whilst the neighbourhood overview about doesn't account for population size, registrations were more frequent in Farnworth & Kearsley and Crompton & Halliwell.
- The most prominent issues Kooth presented with are reported each quarter and have been combined in the table above. Anxiety/Stree remained the more common presenting issue across each quarter with suicidal thoughts appearing second in Q2, Q3 and Q4.



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# All Age Mental Health Liaison



- Completed assessments by Bolton's All Age Mental Health Liaison Service has been consistent across financial years with 400 completed assessments in 2019/20 compared to 398 in 2020/21.
- On average children aged 16 and under accounted for 9% of the total AAMHL assessments taking place each month. This fluctuates across the financial year with 4% in July 2020 rising to 14% in November 2020.



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# Eating Disorder Care Pathways

CYP ED care pathways urgent cases completed				
FY	0-1 week Urgent	Over 1 week	Completed	%
2019/20	10	0	10	100%
2020/21	6	0	6	100%
<b>Total</b>	<b>16</b>	<b>0</b>	<b>16</b>	<b>100%</b>

CYP ED care pathways routine cases completed				
FY	0-4 weeks Routine	Over 4 weeks	Completed	%
2019/20	32	3	35	91%
2020/21	43	7	50	86%
<b>Total</b>	<b>75</b>	<b>10</b>	<b>85</b>	<b>88%</b>

- Access and Waiting times for Eating Disorders are reported against a 1 week timeframe for urgent referrals and 4 weeks for routine.
- Bolton along with the other 9 localities across Greater Manchester are performing significantly better than the North West and England as a whole

## CYP Eating Disorder Waiting time - Urgent (rolling 12 months - quarterly for national & regional)

	Sep-20	Dec-20	Mar-21
ENGLAND	85.3%	72.7%	70.1%
NORTH WEST ENGLAND	100.0%	98.4%	68.1%
GREATER MANCHESTER HEALTH AND SOCIAL CARE PARTNERSHIP STP (ICS)	100.0%	100.0%	100.0%

## CYP Eating Disorder Waiting time - Routine (rolling 12 months - quarterly for national & regional)

	Sep-20	Dec-20	Mar-21
ENGLAND	89.6%	82.7%	72.7%
NORTH WEST ENGLAND	99.3%	96.2%	89.2%
GREATER MANCHESTER HEALTH AND SOCIAL CARE PARTNERSHIP STP (ICS)	98.6%	96.6%	93.3%



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# Bolton Covid Conversations



Bolton Together utilised part of the funding secured through The Lottery Recovery Fund to deliver three engagement sessions to 73 young people across Bolton re. the impact of Covid-19 on Children and Young People. The infographic above is interactive and can be found by clicking [here](#) – it includes:

- Conversations with BAME Young People – delivered by Youth Leads UK
- Conversations with LGBT+ Young People – delivered by The Video Box
- Conversations with Young People with SEND – delivered by Breaking Barriers

*A brief summary can be found on the next slide*

# What Children and Young People told us

- An overwhelming use of fear in the media had a huge impact on SEND children and young people. Avoiding common taglines like 'stay safe' is important as to a literal thinker that would imply that we were in danger or not safe.
- A lot of LGBT+ young people felt they hadn't struggled with not being able to go out to a great extent as they were in general home loving, although boredom had become a major theme as lockdowns progressed.
- Those who were shielding felt isolation the most as they hadn't left the house properly in the best part of a year.
- The cancellation of Exams caused worry for some and left them feeling disappointed in their results.
- Young people from the secondary schools commented on 'negative media narratives' focused on the BAME community which have led to an erosion of trust in the press
- Young people reported less exercise and some weight gain.
- Families of children and young people with SEND also reported the difficulties during lockdown with a particular focus on home schooling. Most of the children had high levels of support in school which were not available at home and so the pressure of expecting Mum and Dad to then become teachers and the kitchen to become a classroom was for many too big a task. They felt they had been forced into a role that they were not qualified for and so would ultimately fail at and so their children's education would suffer greatly



## Summary of Recommendations

- The experience of the last year has been different for every young person – we need to take a person centred approach to support and allow time for children and young people to adjust to a changing environment
- COVID-19 has led to different anxieties but also different coping mechanisms emerging – we need to encourage and support this to continue
- Children and young people need to know what information and support is available in a range of formats which is timely and transparent.
- Children and Young People want to feel connected to others and their community, providing accessible opportunities to connect, integrate and be active; removing barriers of cost, lack of awareness or fear will help.
- Young people want services to continue to listen to them and to act on what they tell us.
- Talk openly about mental health and ways to support good mental health



# What mental health support is available across Bolton?



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# Bolton's Mental Health Campaign

- Children and Young People from Bolton's Healthy Mind Youth Project talked to us about the work they have been doing to reduce mental health stigma across Bolton
- They had developed a campaign called Be Kind to My Mind and wanted support to deliver it at scale spreading a powerful message that it's okay to talk about mental health.
- Young people wanted an online central place where they could find information about what was available locally.
- In 2019, Bolton's Be Kind to My Mind website was launched and continues to be developed and expanded each year.
- The launch included a range of branded merchandise as well as e-posters which were displayed in Bolton's Market Place. A range of social media assets are available for organisations and paid advertisements were delivered across Instagram, YouTube and Spotify.
- We are constantly looking to update the BKTMM website with more services available across the borough. If you are aware of a Bolton service that provides mental health support to children and young people and it is not on [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk) please email [bolccg.cypcommissioning@nhs.net](mailto:bolccg.cypcommissioning@nhs.net)



Some examples of local support are available on the following slides



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# Digital Support (1)

## Kooth

Commissioned by NHS Bolton CCG since Feb 2017 for Children and Young People (CYP) in Bolton aged 11 -25. It can be accessed for free via [www.kooth.com](http://www.kooth.com) – simple anonymous registration. Access to 1:1 text based counselling ,messaging function, moderated forums, self-help materials and articles. Professionals can emailed Heather Hook and Tom Boroughs (Kooth Integration and Participation Workers for Bolton) on [hhook@kooth.com](mailto:hhook@kooth.com) [tboroughs@kooth.com](mailto:tboroughs@kooth.com) to request a free virtual information session to enable staff to find out more about Kooth and how it can support some of the children and young people they may work with.

## Chat Health

A confidential texting service for anyone aged between 11 and 19 (25 if a Care Leaver or have SEND) who lives or goes to school in Bolton. Young people can text a Bolton Public Health Nurse anonymously for support on a range of topics including mental health, bullying, smoking, drugs, sexual health, bereavement, relationships and much more. To use Chat Health they simply text their message to 07507331753 and will get a reply within 24 hours. Parents/Carers can text 07507 331751 with questions ranging from infant feeding and child development, to behavioural issues and general advice.

## SHOUT

24/7 free crisis text line available to anyone across Greater Manchester. By texting 'SHOUT' to '85258' a young person will be put in touch with a trained Crisis Volunteer who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.

Text SHOUT to 85258

## SilverCloud (16+)

SilverCloud is for people aged 16 or over who need help with mental health issues and the emotional challenges associated with long-term conditions. It is an online course which uses Cognitive Behavioural Therapy (CBT) to help individuals manage stress, anxiety and depression.

<https://GM.silvercloudhealth.com/signup>

## Living Life to the Full (16+)

Living Life to the Full is free to all Greater Manchester residents and has a range of online course to improve feelings, beat stress and boost an individuals ability to live well. <https://www.gmhealthhub.org/feeling/living-life-to-the-full>

## Solihull Parenting Programme

Free online parenting programme delivered as part of Bolton Children's Integrated Health and Wellbeing Service (0-19). Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and use access code RIVINGTON. Courses: Understanding pregnancy, labour, birth and your baby; Understanding your baby; Understanding your child ; Understanding my brain (for teenagers) ; Understanding your teenagers brain (for parents)





## Digital Support (2)

### Beat

Beat provide a 1:1 webchat for anyone affected by an eating disorder <https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one>  
The organisation also provides a range of helplines and email addresses for under 18s, students and adults who need additional support. <https://www.beateatingdisorders.org.uk/support-services/helplines>

### Proud Connections

The ProudTrust have recently launched a digital help service for LGBT+ young people and the adults who support them. The instant messaging service is free, confidential and secure. <https://beta.theproudtrust.org/proud-connections/>

### Think Ninja

ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. During the coronavirus pandemic, ThinkNinja is freely available to all children and young people. To download the app and see a range of self-help videos go to <https://www.healios.org.uk/services/thinkninja1>

### Don't Be A Zombie

Don't Be a Zombie is a national campaign designed and developed by Early Break aimed at combating the issues associated with drug and alcohol abuse among many young people in the UK. The site provides information and harm reduction advice around drugs and alcohol including tools that can be used by young people to address substance related needs. <https://dontbeazombie.co.uk/>

### MeMotional

MeMotional is a digital resource developed by Early Break which allows children and young people to explore and better understand their emotions <http://memotional.co.uk/>

### Ollee

Ollee is a digital friend for children aged 8-11 funded by BBC Children in Need's A Million & Me initiative, which aims to make a difference to children's emotional wellbeing. Ollee aims to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers, offering advice and support they can also store for later. Go to <https://app.ollee.org.uk/#/welcome>

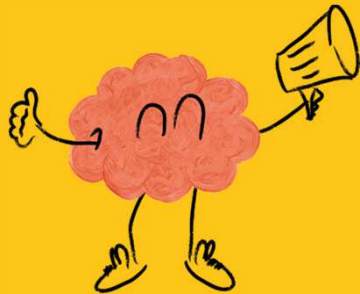


## How to Refer to Bolton's IThrive Offer (2 – 19)

### One point of referral\*

Triaged and allocated to the right service by an Emotional Health and Well Being Practitioner

Two Page Referral Form - <https://bolton-together.org.uk/ithrive-2-19-years-referral-form/>



Email: [IThrive@boltontgether.org.uk](mailto:IThrive@boltontgether.org.uk)

Website: <https://bolton-together.org.uk/>

*\* The one point of referral applies to accessing Bolton Together's mental health and emotional wellbeing offer. If you feel a child or young person requires CAMHS please refer directly to the service <https://www.gmmh.nhs.uk/bolton-camhs/>*

## Bolton Together's IThrive 2 – 11 Offer

### **Homestart HOST**

A team of trained local volunteers, who are all parents themselves, provide one to one support to families if they have at least one child under five.

### **Bolton Toy Library**

Can guide parents to find the right support, provides drop-in advice sessions, one to one support, themed activity sessions and is offering Emotional Well Being Kits.

### **Fortalice**

Support for children and families who are or have experienced domestic abuse. Providing guidance and techniques to parents/carers in how they can support their child. Fortalice offer a range of interventions and support to children and young people Email: [cyp@fortalice.co.uk](mailto:cyp@fortalice.co.uk) Telephone

### **Child Action North West**

Offers a range of therapies and activities for children and their families, both one to one and group work. Email [EHWBReferrals@canw.org.uk](mailto:EHWBReferrals@canw.org.uk) Telephone 01204 244596

### **Action for Children**

Decider skills Group Work therapy to teach children, and adults the skills to recognise their own thoughts, & to monitor and manage their own emotions.

### **Bolton Wanderers**

One to one mentoring for young people with the opportunity for each child to attend activities with their mentor as part of the support offered.

### **Zacs Youth Bar**

Group and one to one mentoring focusing on preparing for the move to High School in Year 6, delivering to those living in the South of Bolton. Email: [emma.kidd@zacsyouthbar.co.uk](mailto:emma.kidd@zacsyouthbar.co.uk)



## Bolton Together's IThrive (11 – 19)

### **Bolton Lads and Girls Club**

Information advice guidance and signposting. A range of emotional health and wellbeing workshops and group sessions to support positive emotional health and wellbeing. One to one support using a range of therapeutic interventions to support young people who are feeling anxious, low, and struggling to manage how they feel.

### **Breaking Barriers**

One to One Listening Service for young people with Special Education Needs and Disabilities. Exploring emotions and identifying and explaining coping mechanisms.

### **Bolton YMCA**

Information, advice, guidance and signposting. Group sessions and one to one listening service to support young people aged 13 and over to talk through the difficulties they are experiencing and agree steps to address these.

### **Fortalice**

Information, advice, guidance, and signposting for young people affected by domestic abuse. One to one support and group work provided to support young people using the recovery toolkit and exploring healthy relationships. Email: [cyp@fortalice.co.uk](mailto:cyp@fortalice.co.uk) Telephone: 01204 365677

### **The Proud Trust**

One to one, group sessions and mentoring available for young people experiencing emotional health and well being difficulties due to their sexual identity. Support is also available for those questioning their gender identity.

### **Zacs Youth Bar**

Information, advice, guidance and signposting. One to one mobile listening service exploring coping mechanisms and provision of peer support groups.



# Mental Health Support

## **Bolton Child and Adolescent Mental Health Service (CAMHS)**

Provides specialist assessment and treatment of serious mental health difficulties and associated risk in children and young people up to 18 years of age. Bolton CAMHS has a Referral Advice Telephone Consultation Service for Professionals operating Mon – Fri, 12:15 – 1:15 on 01204 483222. For referral details please click [here](#)

## **Children and Young People's Community Eating Disorder Service (8 – 18 years)**

Provides assessment, treatment and support for young people with eating disorders and their families. Referrals are accepted from GPs, teachers, school nurses, social workers and other health professionals. Telephone: 01942 775400

## **Bolton Young Carers Service**

Provides support to young carers and their families from 8 to 18 years old. Includes advocacy, signposting, 1:1 and group support, transition to Bolton's local adult carers service and awareness raising within education settings via the free 'how to identify young carers' offer.

<https://boltonladsandgirlsclub.co.uk/youngcarers/>

## **Adolescent Health Service (13+)**

The Parallel offers an adolescent health service for young people living in Bolton up to the age of 19. The service is based at 9a Churchgate, Bolton, BL1 1HU and offers drop in or scheduled appointments. Telephone: 01204 462444

## **360°**

Young People's substance misuse service delivered within The Parallel. Provides support to young people up to the age of 19 and their families who are using alcohol or drugs. The service also supports anyone who has alcohol or drug concerns about a young person. Email [ALWCH.360info@nhs.net](mailto:ALWCH.360info@nhs.net) Telephone 01204 462444

## **Public Health Nursing**

The 9 neighbourhood teams include health visitors and school nurses available to provide advice and support to Bolton families. Telephone: 01204 462325

## **Mentoring**

Bolton Lads and Girls Club have fortnightly mentoring available for children and young people in care or are leaving care. A social worker referral is required to access mentoring. Email [mentoring@blgc.co.uk](mailto:mentoring@blgc.co.uk) Telephone 07787254989



# Crisis Care Support

## **Bolton Self-harming Behaviour Pathway (Children and Young People)**

A local self-harming behaviour pathway has been developed to guide professionals through a range of scenarios if a child or young person presents with self-harming behaviours or suicidal ideation. The pathway includes 3 flowcharts and a range of supportive information such as a safety plan and conversation guide. This can be found by accessing the Be Kind to My Mind Professionals Section [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)

## **All Age Mental Health Liaison**

Royal Bolton Hospital has an All Age Mental Health Liaison Team which provides rapid support to anyone who presents at A&E in a mental health crisis.

## **Rapid Response Team**

Across Greater Manchester there are 4 Rapid Response Teams that provide risk assessment and management for young people who are experiencing a mental health crisis. The Rapid Response team will support a young person and their family for up to 72 hours and can currently only be accessed via All Age Mental Health Liaison and CAMHS. Those already open to the Rapid Response Team can self-refer back in for support. Bolton are part of the West RRT which covers Bolton and Wigan.

## **Shining a light on suicide**

A Greater Manchester resource for young people, adults, parents/carers and professionals. It includes free online [suicide awareness training](#) for anyone who lives or works across Greater Manchester in addition to service directories and stories of hope.

## **Safety Plan**

Staying safe provide a great online and downloadable [safety plan](#) resource which is recommended by the Greater Manchester 'Shining a light on suicide' campaign.

## **PAPYRUS**

Provides confidential suicide prevention support 9am – 12am every day to any young person via 0800 068 4141 or [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org). [PAPYRUS](#) are able to offer organisations a 30 minute '[Suicide Prevention – Awareness, Resource, Knowledge e-delivery](#)' (SP-ARK'ed) session free of charge (one session per organisation) as well as other paid training opportunities.

## **SHOUT**

A free 24/7 [crisis text messaging service](#) when young people can message any time of day or night wherever they are and every conversation is with a human being. Simply text SHOUT to 85258

## **Bolton Safeguarding Children**

Bolton's Referral and Assessment Team, part of the Multi-agency Screening and Safeguarding Service (MASSS) can be contacted on 01204 331500 (9am – 5pm) If you have a concern outside these times you can contact Bolton Emergency Duty Team – 01204 337777.



# Free Mental Health Training

**MindEd** – A free e-learning resource for professionals working with children and young people.

<https://www.minded.org.uk/catalogue/FolderView>

**Psychological First Aid Training**– A free online three week course produced by Public Health England for any professional working with children and young people. The Psychological First Aid course focuses on children and young people's mental health and what you can do to help them cope and access the support they need during and after emergencies and crisis situations.

<https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

**Shining a light on suicide** –Free online suicide awareness training for anyone who lives or works across Greater Manchester

<https://shiningalightonsuicide.org.uk/learn-to-save-a-life/>

**Thrive Training** – An overview of the THRIVE framework enabling professionals to work in a needs-based way supporting young people's emotional health and wellbeing. This can be accessed by creating a free account on Moodle and accessing the course called 'GM i-

Thrive' <https://www.boltoncc.ac.uk/boltoncouncil/login/index.php>

**STORM** – Storm training is set to be re-delivered across Bolton very shortly. You will be able to find out more on by accessing the [multi-agency safeguarding training programme](#) delivered by [Bolton Safeguarding Children Partnership](#)

**ME Learning** – A range of e-learning modules are available on the ME Learning platform including bereavement and loss training. If you have a Bolton council email, there is access to the ME learning platform; for those already with an account go to

<https://boltonc.melearning.university/user/login>. For those Bolton Council workers who don't have an account please contact [wpd-elearning@bolton.gov.uk](mailto:wpd-elearning@bolton.gov.uk) regarding access.

**Bolton Safeguarding Children E-Learning Brochure** – A large range of online training delivered to professionals who work with children and young people in Bolton. Includes training such as Child Bereavement, Transgender Awareness, Parental Mental Health and Working with children affected by domestic abuse. <https://www.boltonsafeguardingchildren.org.uk/downloads/file/173/multi-agency-safeguarding-training-brochure>

**Learning Disability and Autism training** – A series of free online training sessions have been made available across April and May as part of the Oliver McGowan Campaign. Training is delivered by the Self-Advocates Training Partnership and consists of a range of levels dependent on staff roles and responsibilities. To access the training you will need to create a free account with [Lancashire and South Cumbria Joint Training Partnership](#) and then select events to see the training dates.

## Additional Resources

**Every Mind Matters** - <https://www.nhs.uk/oneyou/every-mind-matters/>

Created by Public Health England, with tips and advice developed with experts and approved by the NHS. Provides dedicated advice and support to young people, parents and carers.

**Mental Health and Wellbeing Resources (Greater Manchester Health and Social Care Hub)** - <https://hub.gmhsc.org.uk/mental-health/covid-19-resources/>

A range of free resources to support mental health and wellbeing with a particular focus on Covid-19. Includes a dedicated section on Children, Young People and Families.

**Mental Health Services in your area (Greater Manchester Health and Social Care Hub)** - <https://hub.gmhsc.org.uk/mental-health/in-your-area/>

Provides a breakdown of mental health support (all age) in each of the 10 areas of Greater Manchester

**Mind Ed for Families** - <https://mindedforfamilies.org.uk/young-people>

Supports parents and those caring for children and young people in their family when they are concerned about a young person's mental health or well-being.

**Resources for Schools and Colleges** - <https://www.annafreud.org/schools-and-colleges/resources/>

A large range of downloadable resources for Education Settings from the developers of the Thrive model.

**Young Minds** - <https://youngminds.org.uk/>

An online resource to help young people look after their own mental health. The website also contains information and resources to Parents/Carers and also Professionals. A Parent/Carer Helpline is also available on 0808 802 5544



Click here to download a one page  
overview of NHS approved apps for  
mental health (adults & children)



**Bekindtomymind**



# Questions?



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