



SC000025039: World Mental Health Day - 10 October 2023



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The theme for this year's World Mental Health Day is 'Mental health is a universal human right'. This is a chance to raise awareness of resources, training, and signposting among staff, students, and parents/carers.

World Mental Health Day is also a good time to remind settings about **Back to Basics**, which empowers parents and carers to support their child's emotional wellbeing within the home.

Resources for your setting and staff:

- Free, brief e-learning on **Emotional wellbeing and mental health, Self-harm, and Sleep** through [Hampshire Health in Education](#)
- Guidance, resources and signposting on emotional wellbeing for **early years, primary, secondary** and **post-16** settings on the [Hampshire Health in Education](#) website
- **Mentally Healthy Schools** (Anna Freud Centre) [World Mental Health Day 2023 toolkits](#) for primary and secondary/post-16 settings
- **Education Support** is a charity that supports the mental wellbeing of teachers and education staff, and provides a helpline
- **HIAS Rights Respecting Education**. Linking with the theme 'Mental health is a universal human right', the Rights Respecting Education pages provide information on how to become a Rights Respecting School.

Hampshire support for your community:

- **ChatHealth** confidential text messaging service with a school nurse to support ages 11-19 in Hampshire on 07507 332160 (Mon-Fri 8:30am-4.30pm excluding bank holidays)
- **Kooth** is a free, anonymous online counselling and emotional wellbeing support service for young people aged 11-25 years in Hampshire
- **Shout** provides free, confidential, 24/7 text messaging support for anyone struggling to cope. Text HANTS to 85258
- **Health for Kids** and **Health for Teens** provide age-appropriate information and links to local support on keeping your body and mind healthy. These sites would also be useful for parents, and Health for Kids has a specific **parents section**
- Free monthly parent and carer sessions run by [Hampshire Parent & Carer Network](#), and supported by [Hampshire CAMHS](#), in-person (across Hampshire districts) and on Zoom. For further information please contact: marybaldwin@hpcn.org.uk
- [Mental Wellbeing Hampshire](#)

District-level support:

- **Havant & East Hants Mind Children and Young People's Safe Haven** is an out-of-hours crisis support service for any young person living in Havant, East and Southeast Hants aged 11-17. Drop in between 5-8pm Tuesday, Wednesday and Thursday or call 0300 303 1580

- **No Limits Safe Haven North East Hampshire and Farnham** (covering areas including Aldershot, Farnborough, Fleet and Yateley) provides a safe space for children and young people aged 10-17. They offer out-of-hours emotional and practical mental health support in a confidential and supportive environment. Online, telephone and face-to-face service (by appointment only) in Farnborough
- **Sasha's Project** is a drop-in centre in Fleet providing a safe, supportive environment for young people aged 13-25 years old experiencing suicidal thoughts or who want to prevent a mental health crisis. No appointment or referral needed. Open 9pm-6am every Friday and Saturday. Phone (open hours only) 07741 117655.

National support:

- **Childline** has information and advice about a wide range of issues including bullying and self-harm, as well as tools for children to cope with difficult feelings like distracting games and their Calm Zone.
- **YoungMinds** provides a wide range of advice and support on topics like body image and sexuality, as well as for specific mental health conditions. They also have a section and helpline for parents who are supporting children.

We know that all education settings might support children, young people or staff who are experiencing thoughts of suicide or self-harm, or who have experienced bereavement by suicide. Please see our World Suicide Prevention Day School Comm for more information and guidance: [World Suicide Prevention Day - 10 September 2023](#)

Education Support, supporting teachers and education staff

www.educationsupport.org.uk

The only UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff.

Find more resources, information and training on the [Hampshire Health in Education website](#) or by emailing healtheducation@hants.gov.uk.

