

## Email Update March 2016 (sent 5<sup>th</sup> March 2016)

### **To all Supporters of Parents' Voice**

Happy Mother's Day (whether you're a mum or a dad)! If you follow us on twitter (@ParentsVoiceWor) or like our Facebook page we'll be posting quotes about mothers throughout the day.

This email is a little different to those we usually send out because it is all about mental health.

It's estimated that 1 in 4 people (25%) will suffer some form of mental illness during their lifetime; that includes 1 in 10 children/young people (10%)! We hope you will take a look at some of the links we've included here. **If you/your child have any experience of peer support/mentoring for *any* issue, please consider taking part in the national open consultation (item 2).**

You are welcome to share to share this email (or parts of it) with your friends or groups, but please mention that it came from [Parents' Voice](#) if you do, thanks.

This email contains the following topics:

- 1) Parents' Voice news
- 2) **National Open Consultation** (please read)
- 3) Healthwatch CAMHS report
- 4) Self-harm
- 5) Student Mental Health
- 6) Eating Disorders
- 7) Depression, stress, anxiety and general mental health

### 1) Parents' Voice news

Towards the end of 2015 a Child and Adolescent Mental Health Services (CAMHS) Partnership Board was set up in Worcestershire. We were able to send a representative to the first meeting and will be attending the next meeting in mid-March. Our aim is to represent Worcestershire parents' views and concerns; if you have any comments about mental health services in Worcestershire for children and young people which you feel would be useful for us to do this, please email us before midday on 14th March. All comments will be dealt with in confidence (and anonymously); we will not use names or give details which could identify anyone. We cannot guarantee that a particular topic/issue will be raised (an agenda has not been received yet) but we want to hear from you so we can give a representative view. You can email us at [info@parentsvoice.co.uk](mailto:info@parentsvoice.co.uk) using the subject line "Mental Health" or just reply to this email. Thank you :)

### 2) National Open Consultation (please read)

A few hours after sending our email to you on Monday we received an email from the Department for Education (DfE) about a consultation which ends at 5pm on **24th March**.

The Department for Education is holding an open consultation about Children and young people's mental health: peer support. They are asking for **your** views on "how to help young people safely give each other appropriate advice and support because they want to know about **local experiences of peer support**. The information gathered through the call for evidence, will be used by an advisory group to develop peer support pilot schemes - setting up projects learning from those that are already doing it well - to inspire other young people." **They want to hear from (amongst others) parents, volunteers, school staff and young people and children.**

(A "young person" is anyone up to the age of 21, or anyone up to the age of 25 years if still in education. Questions are about your experiences of peer support/mentoring for *any* issue - eg: bullying, transitions), not specifically mental health.)

"Peer support can be a variety of things - from helping a friend to discuss their problems, through buddying and befriending schemes, to 1:1 and group support sessions. It can happen face to face or be online. It's about promoting emotional wellbeing as much as supporting those with problems. The responses from the call for evidence will be used to help develop models for peer support."

The DfE document about this consultation can be found at: [bit.ly/24DF0Ax](https://bit.ly/24DF0Ax)

This gives some background details, explains what is meant by peer support and lists 16 questions about your experience of peer support and "what best practice looks like" (ie: what works well). You can email a response (and it doesn't have to include answers to all the questions). You are asked how you're responding (ie: as a parent or on behalf of an organisation etc).

Somewhat confusingly the document does encourage people to respond online (rather than by email) and includes a link to the DfE consultation site - but the online survey is not listed under the "All live consultations" on that site! However, you can click on the "our [GOV.UK consultations section](#)", where it *is* listed - but the link takes you to a summary which says the consultation is on another site! Yes, it could be a bit confusing!!

So, please respond to this open consultation if you can and also encourage any children/young people you know to do so as well (if they haven't experienced mentoring/peer support but might be interested in acting as a mentor their views are wanted too). There are three links for everyone and two specifically for children/young people - we've briefly described what you'll find when you click on each link to help you decide which one(s) you use (depending on how much you want to read before taking part and whether you want to use the online surveys or respond by email/post):

i) [Call for Evidence document](http://bit.ly/24DF0Ax) - [bit.ly/24DF0Ax](http://bit.ly/24DF0Ax)

9 page [Call for Evidence document](http://bit.ly/24DF0Ax) with background, explanations and questions the DfE would like answered (if appropriate) as well as an email and postal address to send responses.

ii) [DfE Citizen Space page](http://bit.ly/24DIcMo) - [bit.ly/24DIcMo](http://bit.ly/24DIcMo)

[DfE Citizen Space page](http://bit.ly/24DIcMo) with overview, description of the "audience" they want to take part (Teachers, Headteachers, Governors, School support staff, Training providers, Local authorities, **Pupils, Young people, Parents, Foster carers, Adoptive parents**, Community representatives, Volunteers), an explanation of why the DfE is consulting plus links to the [Call for Evidence document](http://bit.ly/24DF0Ax), the [online survey](#) and the [young person's Call for Evidence document](#),

iii) [Online survey](http://bit.ly/1nkVjAh) - [bit.ly/1nkVjAh](http://bit.ly/1nkVjAh)

The [online survey](http://bit.ly/1nkVjAh) (you do not have to give your name or email address but you must say if you are a young person (aged 21 or under, or up to the age of 25 but still in education) or not; this answer will determine which set of questions you are given). Some of the questions may appear a bit formal but you do not have to answer them if they don't seem relevant to your situation.

For children/young people:

iv) [Young person's Call for Evidence document](http://bit.ly/1OV2jKk) - [bit.ly/1OV2jKk](http://bit.ly/1OV2jKk)

10 page [young person's Call for Evidence document](http://bit.ly/1OV2jKk), (which stresses that they are asking for responses about the person's experiences of peer support for *any* issue, not specifically mental health).

v) [Online survey for young people](http://bit.ly/1RsMWe9). - [bit.ly/1RsMWe9](http://bit.ly/1RsMWe9)

[Online survey for young people](http://bit.ly/1RsMWe9). This should take 5 - 10 minutes to complete (and the questions are about mentoring/peer support for any issue, not just mental health).

Whichever link(s) you use to take part, the consultation closes at **5pm on Thursday 24th March**.

The DfE are also putting "flash polls" on their Twitter page (@educationgovuk) every week until the consultation closes (so if you or any of your family use twitter, do take a look occasionally).

Please share details widely and encourage other parents, carers, children and young people to take part (and please mention that you received the details from Parents' Voice, thanks).

### [3\) Healthwatch CAMHS Report](#)

Healthwatch Worcestershire have published a report following their online CAMHS survey (held between between July and December 2015 and which we promoted to parents and young people via email, twitter and facebook). The survey was aimed at those who had either accessed or tried to access CAMHS support for themselves or their child.

The [report](#) resulting from the survey has now been published; 56% of those who had accessed support from CAMHS in the last 12 months said the support had been good. 16% of people who had been referred to CAMHS within the last 12 months said they were "Very happy – I was seen quickly" about the length of time they waited to receive support.

You can find the full 9 page [report](#) (including recommendations) here: [bit.ly/1Y9fqyJ](http://bit.ly/1Y9fqyJ)

#### 4) Self-harm

1st March was Self-harm Awareness Day/Self-injury Awareness Day. These links, some of which were publicised on 1st March, may be useful:

[Self-Harm: there is hope](#) - by the international bi-polar foundation: [bit.ly/1RMNOgc](http://bit.ly/1RMNOgc)

[Understanding self-harm](#) - Young Minds: [bit.ly/bit.ly/1TVtCMm](http://bit.ly/bit.ly/1TVtCMm)

[Self-harm Awareness Day: Why we need to transform how we see mental illness](#) - Independent article: [ind.pn/1L7FFUk](http://ind.pn/1L7FFUk)

#### 5) Student Mental Health

3rd March was University Mental Health Day. A recent survey reported that 78% of students have had a mental health problem in the last year. Parents never stop being parents, so if you have a student in the family - or hope to have one in the future - you may find some of these links useful:

[Six things students can do to boost their mental health](#) - Guardian article: [bit.ly/1pqRf3a](http://bit.ly/1pqRf3a)

[Student mental health](#) - NHS site: [bit.ly/bit.ly/1p5LWpK](http://bit.ly/bit.ly/1p5LWpK)

[Student Minds](#) - student mental health charity: [bit.ly/1VYoG7i](http://bit.ly/1VYoG7i)

[University Mental Health Day](#) - MIND site: [bit.ly/1TyGE31](http://bit.ly/1TyGE31)

[List of University Wellbeing services](#) - Depression Alliance: [bit.ly/1LHjCDV](http://bit.ly/1LHjCDV)

[Advice for students](#) - Depression Alliance: [bit.ly/1VYmRr1](http://bit.ly/1VYmRr1)

[Health and wellbeing at university](#) - Student source: [bit.ly/1QZvSSM](http://bit.ly/1QZvSSM)

[Young Minds Vs Uni stress](#) - Young Minds: [bit.ly/1QZwNTb](http://bit.ly/1QZwNTb)

[Student mental health](#) - Guardian article by Professor Jo Smith of Worcester University: [bit.ly/1LZ9rFJ](http://bit.ly/1LZ9rFJ)

#### 6) Eating Disorders

Eating Disorders Awareness Week ran from 22nd - 28th February. Here are some links which you may find useful if you are concerned about somebody's eating:

[Parent's Guide to Eating Disorders](#) - Priory Group [bit.ly/1O8qfjI](http://bit.ly/1O8qfjI)

[What not to say to someone recovering from an eating disorder](#) - Young Minds:

<http://bit.ly/1TCME91>

[Eating Disorders](#) - Mental Health Foundation: <http://bit.ly/1n18UMS>

[Eating Problems](#) - MIND (includes link to pdf booklet to download): [bit.ly/1no0EXF](http://bit.ly/1no0EXF)

This link may be useful for older young people/adults

[Eating Disorders at work](#) - BEAT (includes a link to their survey results): [bit.ly/1LPtEO8](http://bit.ly/1LPtEO8)

*7) Depression, stress, anxiety and general mental health*

[Teenage depression](#) - Family Lives: <http://bit.ly/1RH31AJ>

[Worcestershire Child and Adolescent Mental Health Services \(CAMHS\)](#):

<http://bit.ly/1TMpiPz>

[Parents' Guide to depression](#) - Charlie Waller Memorial Trust: <http://bit.ly/1rS9QTS>

[Tips for parents about building resilience](#) - Place2Be: <http://bit.ly/1LPsF0w>

[Parents' survival guide](#) - Young Minds: [bit.ly/1U1AEOz](http://bit.ly/1U1AEOz)

[Anxiety in Children](#) (Stress, anxiety and depression) - NHS site: [bit.ly/1X2P1RY](http://bit.ly/1X2P1RY)

[Everyone has a mental health](#) by Natasha Devon, MBE, the Government's first ever Mental Health Champion for schools: <http://bit.ly/1Ks91ft>

[Details of the Children and Young People's mental health and well-being taskforce](#):

<http://bit.ly/1SrtcJS>

[Worcestershire Healthy Minds](#) - NHS Site supporting people aged 16 and over, who are experiencing problems such as stress, anxiety & low mood, includes self-referral to groups and courses: [bit.ly/1TytBfW](http://bit.ly/1TytBfW)

Thank you for reading this email and for your continued support, we really do appreciate it :)

**Parents' Voice - Worcestershire**

Email: [info@parentsvoice.co.uk](mailto:info@parentsvoice.co.uk) Web: [www.parentsvoice.co.uk](http://www.parentsvoice.co.uk)

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