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Children's wellbeing posters

Katrina Sealey, School Nurse, who produced the poster said: 'We asked for help from a group of focused students in Surrey and their views really shaped how we designed and made the posters. Their individual quotes as well as their ideas for the 'It's okay to be different' section have all been included and I would like to specially thank those who took part. The poster brings together many important information about physical health and emotional well-being, including videos and web links, in an accessible way that is familiar to young people. After a successful pilot the poster is now offered to all year 7 students in Surrey during this academic year. Trudy Mills, Director of Children and Family Health Surrey said: 'It is exciting that young people in Surrey came up with the idea for this digital information, and that we have now created a fantastic resource - interactive posters - available to all secondary school pupils in year 7 in Surrey. The poster gained national recognition at last week's CPHVA (Community Practitioners and Health Visitors Association) conference, where it won in the best poster presentation. You can see the Interactive poster here (please use the Google Chrome browser) you can also watch Katrina Sealey talk more about posters in this video school, colleges, universities, services, and workplaces can all support On My Mind by: Share your www.onmymind.info on social media using the hashtag #onmymind Download the free posters and flyers below to share at reception or your work area Sign in to On My Mind from your website and newsletter If you have any questions about our site or resources, please contact youthwellbeing@annafreud.org. To stay informed about new resources, please join the free Anna Freud Learning Network. & Posters; The following Leaflets posters and flyers have been designed to help sign-post services to On My Mind. Please print and display in areas where young people may see such as school noticeboards, waiting rooms and staff rooms. Poster 1: View pdf (suitable for printing) Leaflet 1: View pdf (suitable for printing) Poster 2: View pdf (suitable for printing) Leaflet 2: View pdf (suitable for printing) Poster 3: See pdf (suitable for printing) Leaflet 3: See pdf (suitable for printing) Poster 4: View pdf (suitable for printing) Leaflet 4: View pdf (suitable for printing) AFC crisis colleagues, universities, workplaces, and services to display in their settings. Read more about the AFC Crisis Messenger service. AFC Crisis Messenger Poster: View pdf (suitable for printing) AFC Crisis Messenger poster for primary age children: View pdf (suitable for printing) social media Manage social media aims to help young people minimise the impact of social media on their mental health and wellbeing. See pdf (suitable for printing) Joint Decision Making Shared Decision Making Poster accompanying The Joint Decision Making page See pdf (suitable for printing) #SelfcareSummer toolkits This package aims to support young people in identifying self-care strategies that can help them if they feel low or anxious during the summer holidays. Based on our self-care resources. Download the #SelfcareSummer Primary package (suitable for primary age children) Download the #SelfcareSummer Secondary package (suitable for young people of secondary age) Self-care slides Following requests from schools, colleges and services, we have produced a slide deck showing some of the 89 self-care strategies that can be found on our self-care page that can be displayed on screens within the organization. Understanding Referrals Guide booklet on understanding the referral process to accompany videos on our Understand Referrals page. See pdf (suitable for printing) Help Others booklet Help Others accompany help others page. See pdf (suitable for printing) Lingo The Lingo booklet is co-produced by Young Champions and staff at the Centre and provides insight into young people's experiences when talking to adults and professionals about their mental health. Find out more about the Young Champion project. See pdf (suitable for printing) Our free Self-Care Seasonal Self-Care Survival Kit has been created to help those experiencing anxiety or depression during the festive period. The strategies are some of those listed in our new self-care resources. See pdf (suitable for print) Animation We All Have Mental Health Animation designed to give young people ages 11-14 a common language and an understanding of what we mean by mental health and how we can look after it. It has been created for young people in Key stage 3 and can be used with the accompanying teaching resources. Please click the relevant link below to access the animation on YouTube: We all have mental health We all have mental health (subtitled) There is a Teacher Toolkit that accompanies the animation that includes lesson plans, assembly plans and cross-curricular activities. This animation and its accompanying toolkit have also translated into Welsh: We all have the mental health Teacher Toolkit (Welsh translation) Talking Mental Health An animation designed to help start conversations about mental health in the classroom and beyond. The animations and accompanying resources have been created by a team of animators, children, teachers and doctors, and taught to children in years 5 and 6 across the UK. Please click the relevant link below to access the animation on YouTube: Talking Mental Health Speaking Mental Health (subtitled) There The Master Toolkit that accompanies the animation includes lesson plans, assembly plans, and cross-curricular activities. Facing the Shadows In April 2015, seven young people who had been to Child and Adolescent Mental Health Services (CAMHS) to help their depression come together, with the aim of making a short animated film about what it's like to suffer from depression as a teenager. WARNING: This video may potentially trigger seizures for people with photosensitive epilepsy. Viewer discretion is advised. Back to Your Youth here: Home Resource Posters, Flyers & Our activities have a variety of fun and colorful posters available for you at home, for your neighborhood, classroom, or department. Browse our selection below, including free posters, activities, asthma action plans and informative flyers. Blog Post about Posters / Flyers Here are the Monkey Asthma Resources. These resources have been created in collaboration with teams throughout the Healthy London Partnership. MonkeyMyAsthmaPlanLeafletBWv2Downloadh ... Read Also Craig Bell's former student Learning Disability Nurse has achieved Fabulous First! Craig has kindly shared his dissertation on... Read More This printable worksheet encourages pupils to finish the sentence 'Me, I can, I have', which will help them talk about positive features in themselves. Page 2 This activity matches the start of the new academic year and is a good way to encourage staff and pupils to think about their aspirations, especially in relation to mental health and wellbeing. Child Welfare Page 3 is strongly related to the welfare of their parents. Find out how to improve the well-being of parents and, consequently, their children. Page 4 We believe that the whole school approach is essential in building resilient communities. These resources will help you figure out what you can do, both large and small, to build resilience and maintain the wellbeing of your pupils and staff. Page 5 When considering mental health, it can be useful to think of the elements that play a role in influencing it. These activities help you identify the time, people, and conditions that help you cope when things get tough. Page 6 Kids aren't the only ones who feel under pressure during exams, so it's important to take care of yourself and your colleagues as well. These tips can help. Please.

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