



Friday 8 January 2021

Dear Trailblazer Schools,

Following the announcement of the further national Lockdown, we thought it may be helpful to share our Young Minds Matter (YMM) response to best support your students and teaching staff during this unprecedented and challenging time. The plan is as follows:

- YMM support will remain “Open for Business” during this current Lockdown
- Your YMM locality manager or Senior Mental Health Practitioner (SMHP) will link up with your named School Mental Health Lead by email once a week for an informal ‘check in’, and to ensure we maintain close communication with yourselves. As a school you can continue make contact with your YMM links (see below) outside of this for support and guidance.
- YMM team will be able to offer the following (and please feel free to share the below information with your parents/families):
 - A YMM Advice Line directed at parents/carers of primary school aged children to offer parent led Cognitive Behavioural Therapy (CBT) which may help them feel more confident and “equipped” to support their children with low level anxiety, low mood, or self-harm (Mon-Fri 09:00 - 16:30) Tel 01452 895270.
 - For parents/carers of young people aged 9-21 years needing support, TIC+ offer a parent support service www.ticplus.org.uk
 - A confidential self referral/chat (Mon-Fri, 09:00- 17:00) text service (YMMChat) for young people aged 11-18 years. A member of the YMM team will be in touch with your Mental Health Lead this to discuss and provide further information about this service.
 - TIC+ Chat – A confidential anonymous online/phone “drop in” (Sun-Thurs, 17:00- 21:00). www.ticplus.org.uk
- YMM Well-Being Packs for parents/carers, young people and teachers around low mood, general anxiety, health anxiety, OCD, ASD and social isolation. These can be

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found on the GHLL website via the following link:

<https://www.ghll.org.uk/covid19/wellbeing-packs/>

- **For school/college staff only** : YMM will continue to accept referrals via the current request for help link: <https://www.ghc.nhs.uk/our-teams-and-services/cyp-glos/trailblazer-programme-request-for-support/>
- YMM will continue to offer assessments and interventions, typically via our new digital platform, “Attend Anywhere”.

Please do not hesitate to contact YMM on 07919 412191 should you wish to discuss this further,

Many thanks

Rebecca Flory
YMM Clinical Lead

Useful Contact Information:

<p><u>Forest of Dean and Cheltenham locality</u> (SMHP – Senior Mental Health Practitioner)</p> <ul style="list-style-type: none">• YMM team mobile Tel: 07909 000265 <p>(Forest of Dean)</p> <ul style="list-style-type: none">• Lead SMHP Stephanie Watts Stephanie.Watts1@ghc.nhs.uk Tel:07790 563636 <ul style="list-style-type: none">• (Cheltenham) SMHP Emilie Lewis Emillie.Lewis@ghc.nhs.uk 07855143554	<p><u>Gloucester Locality</u> (SMHP – Senior Mental Health Practitioner)</p> <ul style="list-style-type: none">• YMM Team Mobile : 07919 412191• YMM Manager Emma Wright Emma.Wright1@ghc.nhs.uk Tel: 07795 952763• SMHP Meg Lewis Megan.lewis@ghc.nhs.uk Tel: 07814 301812• SMHP Marianne Tierney Marianne.Tierney@ghc.nhs.uk Tel: 07790 563445
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YMM Clinical Lead: Becky Flory, becky.flory@ghc.nhs.uk, Tel 07886 803197

YMM Operational Lead: Sharon Holmes, sharon.holmes@ghc.nhs.uk, Tel 07970 513110

TIC + : www.ticplus.org.uk

GHLL: <https://www.ghll.org.uk/> or email ghll@gloucestershire.gov.uk

Gloucestershire Healthy Living and Learning has resources and support for schools and colleges as well as parents/carers and young people for all Key Stage.

School Nurses: <https://www.ghc.nhs.uk/our-teams-and-services/school-nursing/>

School Nurse Referral Form :

<https://www.ghc.nhs.uk/our-teams-and-services/school-nursing/school-nurse-referral-form/>

CAMHS Practitioner Advice Line : 01452 894300