



**Nottingham**  
**City Council**

**Children's Integrated Services**  
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**TO: All Secondary Heads and DSL's**

Dear Colleagues

We wanted to write to you jointly to share that there have recently been two tragic deaths of year 11 young people in our local community potentially at their own hands. The final determination on cause will always be made by the Coroner, but two separate deaths of children apparently unrelated and either at City schools or living part of the time in the City has been very concerning.

We are conscious that as Head Teachers, Senior Leaders and DSLs you are very aware of the support needs and complexity for year 11 pupils, but hoped the messages below would assist you in your work.

As we know adolescence, and in particular, Year 11 can be a very difficult and challenging time for our young people. As it is often a time when they are facing so many difficult and challenging factors in their lives, such as exam stress, bullying, social media pressures, loss, physical and hormonal changes, other family pressures/difficulties, and so many more.

As we know as adults, all of these issues are often not easy to talk about, and at times are very difficult for any of us to face, especially to face them alone. The networks around our children and young people are extremely important to help give them the opportunity to express their feelings, emotions and worries. Giving young people as many opportunities as possible in their normal everyday life to be able to share their general worries, and any overwhelming feelings/emotions is essential. This could include thoughts and feelings of self-harm and suicidal thoughts/behaviours. Although this can be very difficult, and anxiety-provoking for us all, and especially for those close to our young people, it is so important that we encourage as many conversations as possible, to enable our young people to talk openly about their thoughts and feelings, and for them to feel listened to, heard and not to feel alone. This does not need to be a conversation with an 'expert' or a 'therapist' but with the people around them that they know well, or trust.

Within Nottingham City we also have services both locally and nationally that can also offer additional support to our community around emotional and mental health needs. The following services can offer support:

### **Local Support Services:**

#### **Targeted Citywide CAMHS: 0115 876 4000**

Nottingham City schools are offered a School Link CAMHS Practitioner who can offer support and guidance around children and young people's emotional and mental health concerns, alongside Time4Me sessions for CYP in city secondary schools. To find out who your link is call the number above. You can also get advice, refer a child/young person or arrange a consultation via our **Single Point of Access Team on: 0115 876 2085**

#### **SHARP (Self Harm Awareness & Resource Project)**

- The team is part of service offered by Targeted CAMHS:
- Professional face-to-face consultations
- **Exam Stress Less** FREE workshop for pupils in Nottingham City Secondary Schools
- Professional telephone consultations in working hours
- Individual therapeutic support
- Free resources including safety plans, crisis cards, well-being booklets, Safe from Harm information for parents/carers
- SHARP 4Parents (parent support group)
- **School self-harm Clinics** in Nottingham City Secondary Schools
- FREE Training (self-harm, suicide, mental health)

Resources available at <http://www.eduserve.co.uk/additional-needs/sharpe-self-harm-awareness-and-resource-project/about-sharpe/>

Contact T **0115 8764000** Email: [Camhs.sharp@nottinghamcity.gov.uk](mailto:Camhs.sharp@nottinghamcity.gov.uk)

### **CAMHS CRISIS Team:**

Health, social care or education workers can assess whether CAMHS support is needed and make a referral. Parents/carers and young people can also self-refer for CAMHS support using our online form or by calling 0115 854 2299.

Service opening hours

- 8am -10pm on weekdays
- 10am - 6pm at weekends

Contact us on

Telephone: 01158542299 or 01158440560.

Email: [CAMHSCrisisTeam@nottshc.nhs.uk](mailto:CAMHSCrisisTeam@nottshc.nhs.uk)

**Jane Hyland and Claire Trott: Nottingham City Council Emotional Health Wellbeing Consultants (Job share)**

**Contact:** [Jane.Hyland@nottinghamcity.gov.uk](mailto:Jane.Hyland@nottinghamcity.gov.uk)

or [Claire.Trott@nottinghamcity.gov.uk](mailto:Claire.Trott@nottinghamcity.gov.uk)

Jane and Claire lead on the Emotional Health and Resilience Charter which was set up by a partnership of local services who work with schools on mental health and emotional wellbeing. This is a way for schools to demonstrate their commitment to support the mental health and emotional wellbeing and resilience of their pupils. Once the school has signed the charter they complete an audit to record their strengths and identify areas for development. An action plan is then created and support can be requested from the Emotional Health and Wellbeing Consultants. The Emotional Health and Wellbeing Consultants also offer Youth Mental Health First Aid (MHFA) training to staff from city schools. Schools are able to access the full 2-day training to become a Youth Mental Health First Aider and/or a 1-day training to become a Youth MHFA Champion. FREE PLACES STILL AVAILABLE for the 1 and 2 day courses still in June and July for both 1 and 2 day trainings.

**Harmless:**

Harmless is a user led organisation that provides a range of services about self-harm and suicide prevention including support, information, training and consultancy to people who self-harm, their friends and families and professionals and those at risk of suicide. The Tomorrow Project offer a suicide crisis pathway for care, as well as a suicide bereavement pathway. Our intention is not to replicate the great services already working around Nottingham, but to provide a service that addresses a gap in current provisions of suicide care. Often we encounter people who have had difficulty accessing other services due to things like not having a diagnosed mental health difficulty, or by virtue of their suicidal thoughts or behaviours are ineligible for accessing a service. Currently, we support people who are ineligible for primary and secondary care services

E:[info@harmless.org.uk](mailto:info@harmless.org.uk)

[www.harmless.org.uk](http://www.harmless.org.uk)

**KOOTH:**

Face to face and online counselling / emotional well-being support service for children and young people

[www.kooth.com](http://www.kooth.com)

**Base 51:**

The Base 51 Counselling service offers short and longer term counselling and psychotherapy to young people aged 12-25. Counsellors are trained in a number of approaches and have vast experience of working with young people to work towards their aims. Offers face to face counselling, groups and other support for young people. Contact: **0115 704 3114 NGY myplace**

**Centre (ask for Base 51), Monday-Friday, 9.00am-5.00pm.**

[info@base51.org.uk](mailto:info@base51.org.uk). Website : <http://www.ngymyplace.co.uk>

## **National Support Services:**

<p><b>ChildLine</b> helpline 0800 11 11 (free, 24 hour access) www.childline.org.uk</p>	<p><b>The Site</b> web:www.thesite.org</p> <p>Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room</p>
<p><b>Get connected</b> helpline 0808 808 4994 www.getconnected.org.uk</p>	<p><b>Youth Access</b> tel. 020 8772 9900(from 9.30 to 1, and 2 to 5.30) web:www.youthaccess.org.uk Information on youth counselling</p>
<p><b>NSPCC</b> helpline: adults 0800 800 5000 Children and young people 0800 11 11 www.nspcc.org.uk</p>	<p><b>Young Minds</b> parents helpline: 0800 802 5544 (Monday to Friday 9.30am-4pm on free for mobiles and landlines) www.youngminds.org.uk National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people</p>
<p><b>Samaritans</b> helpline 08457 90 90 90 (24 hour access) www.samaritans.org</p>	<p><b>Mood Juice</b> http://www.moodjuice.scot.nhs.uk/ The Moodjuice website comprises detailed self-help guides on emotional health problems</p>
<p><b>Get Self Help</b> Free therapy worksheets and Cognitive Behavioural Tools www.getselfhelp.co.uk</p>	<p><b>Family Lives</b> Support to families through helpline, website, email and live chat services, befriending services, and parenting/relationship support groups www.familylives.org.uk 0808 800 2222</p>
<p><b>HOPELine</b> HOPELineUK is a confidential support and advice service for children and young people who are worried about how they are feeling and for anyone concerned about a young person. <b>T:0800 068 41 41</b> <b>E:pat@papyrus-uk.org</b> <b>SMS:07786 209697</b></p> <p>Opening hours: Mon-Fri: 10am-10pm, weekends:</p>	<p><b>Calm Harm</b> Calm Harm is a free private app that helps you manage the urge to self-harm <a href="http://www.calmharm.co.uk/">www.calmharm.co.uk/</a></p>

2pm-10pm & bank holidays: 2pm-5pm	
<b>Harmless</b> <a href="http://www.harmless.org.uk">www.harmless.org.uk</a> Harmless is a user-led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.	<b>National Suicide Prevention Alliance (NSPA)</b> <a href="http://www.nspa.org.uk">www.nspa.org.uk</a>
<b>National Institute for Clinical and Health Excellence (NICE)</b> <a href="http://www.nice.org.uk">www.nice.org.uk</a> Provides national evidence-based health guidelines.	<b>National Self-Harm Network</b> <a href="http://www.nshn.co.uk">www.nshn.co.uk</a> Supports and provides information for individual who self-harm as well as family and carers
<b>MindFull</b> <a href="http://www.mindfull.org">www.mindfull.org</a> Is a service for 11-17 year olds, providing support, information and advice about mental health and emotional wellbeing	<b>Royal College of Psychiatrists</b> <a href="http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx">http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx</a> Provides practical and up-to-date information about the emotional and psychiatric disorders for young people as well as teachers and parents. <b>Mental Health First Aid</b> <a href="http://www.mhfaengland.org">www.mhfaengland.org</a>

**Further information and resources:**

**Identifying and responding to suicide clusters and contagion** – a practical resource. Public Health England (PDF)

[www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/459303/Identifying\\_and\\_responding\\_to\\_suicide\\_clusters\\_and\\_contagion.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/459303/Identifying_and_responding_to_suicide_clusters_and_contagion.pdf)

**Crisis management in the event of a suicide: a postvention toolkit for employers (Public Health England, Samaritans, The Prince's Trust and Business in the Community)**

[http://wellbeing.bitc.org.uk/sites/default/files/business\\_in\\_the\\_community\\_crisis\\_management\\_in\\_the\\_event\\_of\\_a\\_suicide\\_toolkit.pdf](http://wellbeing.bitc.org.uk/sites/default/files/business_in_the_community_crisis_management_in_the_event_of_a_suicide_toolkit.pdf)

**Step by Step** – Samaritans postvention service for educational and youth settings

[www.samaritans.org/stepbystep](http://www.samaritans.org/stepbystep)

**Help When We Need It Most** – Postvention guide for educational and youth settings

[www.samaritans.org/education/step-by-step/resources/respond-to-suspected-suicide-schools](http://www.samaritans.org/education/step-by-step/resources/respond-to-suspected-suicide-schools)

**Mind** - resources to support workplace mental health

[www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources](http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources)

<http://supportaftersuicide.org.uk/support-guides/help-is-at-hand/>

**Help is at Hand** - Resource specifically created to support people bereaved and affected by suicide.

<http://supportaftersuicide.org.uk/support-guides/help-is-at-hand/>

**Headspace** – Suicide Prevention Toolkit

<https://headspace.org.au/assets/School-Support/Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf>

Please do not hesitate to contact our single point of contact, SHARP or email us if you need any additional support

Kind regards

**Helen Blackman**

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**John Dexter**

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