

TAKE A healthy



**TOOLS TO
SUPPORT THE
MENTAL HEALTH
AND WELLBEING
OF CHILDREN
& YOUNG PEOPLE**

**PARENTS,
CAREGIVERS &
SCHOOL STAFF GUIDE**

CYPSP
Children & Young People's Strategic Partnership

Children
in Northern
Ireland

YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING

The Office of the Mental Health Champion for Northern Ireland reported in 2023 that the wellbeing of children aged 11 in NI is at its lowest level since 2010, and that over 45% of 16-year-olds have a probable mental illness.

Issues such as establishing and maintaining friendships, coping with school and self-esteem can become a challenge. Additionally, this situation can be difficult for their families.

While some children and young people may naturally overcome these issues over time, young people often benefit from a little support along the way.

We recognise that getting help can seem overwhelming with many often struggling to know where to start.



ABOUT THIS GUIDE

Take a healthy selfie is an initiative designed to point young people and their parents/caregivers, as well as school staff, to places where they can access quality-assured information online.

Whilst this is not intended to be a comprehensive list of resources available, the following are some important links to get you started.





CHILDREN & YOUNG PEOPLE'S STRATEGIC PARTNERSHIP (CYPSP) RESOURCE WEBPAGE

Here you will find:

Scan
me



YOUTH WELLNESS WEB PARENT/TEACHER ZONE



This site is a one-stop-shop of key information and resources for children, parents/caregivers and school staff across Northern Ireland. It holds quality assured information from key services and young people were involved in the content and design of the resource.



There is also a Training Zone where you can access training opportunities by reputable providers in the Southern Trust. Scan the QR code to visit the website.

FAMILY SUPPORT HUBS



Family Support Hubs are made up of local services to help support a family with a child/children aged under 18 years. Parents, caregivers and school staff can make a referral to the Family Support Hub if you feel a family may need some extra assistance for many reasons including the emotional wellbeing of your child/a student. Consent must be given by a parent or caregiver.



Find out more

Scan the code to access the Family Support Hub.



Watch this short animation to find out more.

CYPSP Parent Support

The page contains information on evidence based parenting programme support for parents/caregivers of children/young people pre-birth to 18 years. Criteria and referral pathways are included on the page and all programmes are free.



CYPSP Translation Hub

This page has a lot of information, including Family Support, which can be translated into 100+ languages and read aloud using the ReachDeck function. This is ideal for anyone who does not use English as their main language.



Advice . Support . Guidance

Parentline NI are the parenting helpline for Northern Ireland, funded by SPPG (previously HSCNI). It's free to call and speak to an experienced parent officer for support with anything you are facing as a parent/carer. As well as 1-1 parent support, Parentline NI provides regular parenting workshops, resources and podcasts.

Freephone
0808 8020 400



This service is now available for parents, caregivers and school staff for 11-19 year olds. If you are worried or concerned about any aspect of a young person's health and wellbeing, send a confidential text to a school nurse at **07312 277421**.

You can text between 9-5 on Mondays-Fridays.



Children & Young People's Strategic Partnership

The Children & Young People's Strategic Partnership (CYPSP) is a multi-agency partnership that includes the leadership of key statutory agencies and community and voluntary organisations, with a responsibility for improving the lives of children and young people in Northern Ireland.

The Partnership produces a Children & Young People's Plan which provides a high level commitment to improving outcomes for children and young people in Northern Ireland and to ensure each child reaches their full potential. This plan is taken forward at a local level through the process of Locality Planning.





If you would like to join a Locality Planning Group or if you would like more information please contact the Locality Development Officer for the Southern Area:

T: 077 2523 2566

E: localityplanning@ci-ni.org.uk

W: www.cypsp.hscni.net

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