

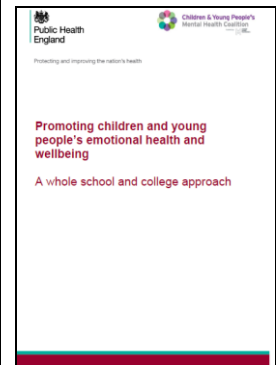
## Quick links to PHE tools and resources to support the promotion of children and young people's mental health and wellbeing

### Promoting children and young people's emotional health and wellbeing: a whole school approach

<https://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing>

**For:** head teachers, college principals, school and college governing bodies and staff working in education settings, school nurses, local public health teams, academy chains, others with a role of promoting health and wellbeing of children and learners

**Aim:** to describe 8 principles, informed by evidence and practice, for promoting emotional health and wellbeing in schools and colleges



### A public health approach to promoting young people's resilience

<http://www.youngpeopleshealth.org.uk/wp-content/uploads/2016/03/resilience-resource-15-march-version.pdf>

**For:** policy makers, commissioners, service planners and providers

**Aim:** Funded by PHE, and developed by the Association for Young People's Health with input from the Early Intervention Foundation. Provides a new focus on public health approaches to supporting young people's resilience. It highlights ways that services have successfully worked together, provides links to useful interventions and other resources, and draws on the perspectives of young people about what works well for them. The resource is an interactive PDF with embedded hyperlinks

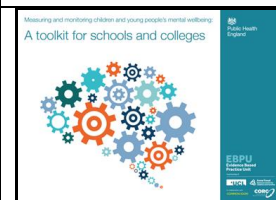


### Measuring and monitoring children and young people's mental wellbeing: a toolkit for schools and colleges

<http://www.annafreud.org/services-schools/mental-health-in-schools/schools-in-mind/resources-for-schools/mental-health-toolkit-for-schools/>

Commissioned by PHE and developed in collaboration with the [Anna Freud National Centre for Children and Families](http://www.annafreud.org)

**Aim:** to help schools and colleges think through why and how they might choose to measure student mental wellbeing; encourage schools and colleges to make use of, and to signpost them to a range of validated (tried and tested/ robust) survey questions and instruments that can help them to do this; share insights from schools and colleges that are doing this already.



### ChiMat Mental Health and Psychological Wellbeing service planning tools

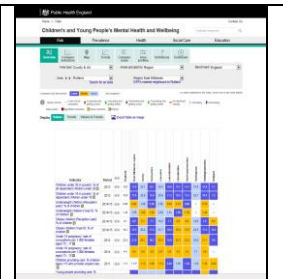
<http://www.chimat.org.uk/camhs>

Provides evidence-based information on prevalence, incidence and risk factors affecting children's mental health and the provision of healthcare services

## Children & Young People's mental health and wellbeing profiling tool

<http://fingertips.phe.org.uk/profile-group/mental-health/profile/cypmh>

Collects together in one place metrics from many sources covering risk, prevalence, health, social care and education to support commissioners and service planners across the pathway

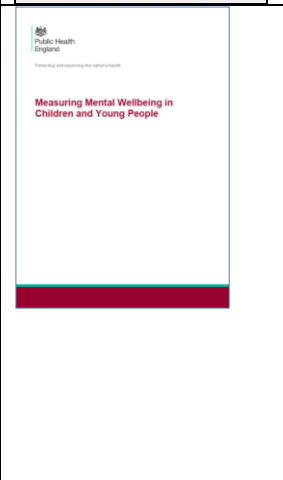


## Measuring mental wellbeing in children and young people (published October 2015)

[\*Measuring Mental Wellbeing in Children and Young People\*](#)

A guide to identify tools, data sources and indicators for measuring mental wellbeing and its risk and protective factors.

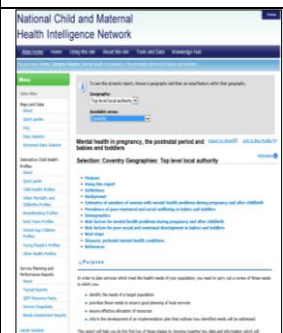
The documents support local joint strategic needs assessments (JSNAs) and the commissioning of interventions to improve the mental wellbeing of local children and young people. The guide explains about mental wellbeing and its determinants. The technical appendix has measures to quantify mental wellbeing and its determinants, information on using the measures and links to examples of evidence based practice.



## Mental health in pregnancy, the postnatal period and babies and toddlers: needs assessment report (December 2015)

[\*Mental health in pregnancy, the postnatal period and babies and toddlers: needs assessment report\*](#)

A needs assessment report which brings together data and evidence on mental health in the antenatal and postnatal periods, and the social and emotional development and wellbeing of babies and toddlers. It presents data and evidence on key risk factors for poor infant and maternal mental health in a population, including domestic violence, poor social support, drug and alcohol misuse, teenage parents, looked after children and homelessness. It can be used to inform local needs assessments by giving commissioners an indication of perinatal and infant mental health need in their area.



## Comprehensive CAMHS integrated workforce planning tool

<http://www.chimat.org.uk/camhstool>

## Promoting positive wellbeing and emotional health of children and young people

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/299268/Emotional Health and Wellbeing pathway Interactive FIN AL.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/299268/Emotional_Health_and_Wellbeing_pathway_Interactive_FIN_AL.pdf)

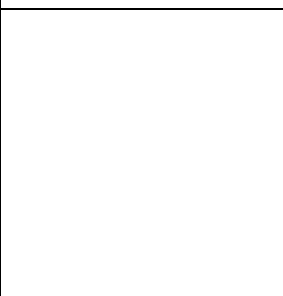
This pathway contains evidence based information on guidance for professionals from the school nursing and Child and Adolescent Mental Health Services/mental health practitioners and promotes improved partnership working and enhanced early support.



## Minded

<https://www.minded.org.uk/>

MindEd is a free educational resource on children and young people's mental health for all adults. The Royal College of Psychiatrists and the University of Northumbria have published a new 'sleep in adolescence module', supported by PHE.



**National reading scheme to support young people’s mental health**

Reading well for young people is part of the Reading Well Books on Prescription scheme and provides 13-18 year-olds with high-quality information, support and advice on a wide-range of mental health issues such as anxiety, depression, eating disorders and self-harm, and difficult life pressures, like bullying and exams.

<https://readingagency.org.uk/news/media/new-national-reading-scheme-to-support-young-peoples-mental-health.html>

**JSNA support pack, Key data for planning effective young people’s substance misuse interventions in 2016-17** (Includes data on mental health, self-harm, DV)

<http://www.nta.nhs.uk/uploads/jsnadatapackyoungpeople2016-17.pdf>

**Forthcoming:**

- **Co-existing alcohol and drug misuse with mental health issues: guidance to support local commissioning and delivery of care**
- **Emotional health and wellbeing in school age population: data facts**

**For:** Policy makers, commissioners, service planners and providers

**Aim:** to present key data on cyber-bullying, self harm and girls’ emotional health and wellbeing drawing on an analysis of the Health Behaviour in School Age Children Survey. To highlight key protective factors operating across the domains of a young person's life spanning: personal attributes, family, school & peer and wider community factors.