

An important message for Families in Essex

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The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

February sees both Time to Talk day on 4th and Children's Mental Health Week running from the 1st to the 7th. Time to talk simply aims to get the nation talking about mental health in order to break down stigma and promote wellbeing. Children's Mental Health Week is focused around a theme of 'Express Yourself'

Let's be honest, talking about your mental health, wellbeing and feelings can be difficult for all of us, no matter what our age. This bulletin will hopefully provide some helpful resources supporting these events to aid any conversations you may have.

Family Wellbeing

This year's focus for Time to Talk Day is on the **power of small**, because however you have a conversation about mental health – whether it's a quick text to a friend, a virtual coffee morning with colleagues, or a walk and talk with your family – it has the power to make a big difference. [The website](#) has some resources you can use to support these conversations, including Bingo for young people!

They have also developed a [poster](#) for parents that encouraging the importance of talking to children about mental health and gives some helpful hints on how to do that.

The theme of this year's Children's Mental Health Week is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. As parents and carers, you play an important role in your child's mental health. There are some [great resources](#) that are available as part of the campaign to help you get involved that include:

- Top Tips for expressing your feelings
- Drawing your feelings
- Squiggle Game

[Mind](#) also has some excellent resources for parents of teens who may be struggling with their mental health and wellbeing. They can guide you around conversation, where to access help and the importance of looking after yourself too.

Family Wellbeing

As part of the Every Mind Matters Campaign, the NHS also has some excellent advice around supporting you and your families mental health and wellbeing.

Resources include

- Top Tips to promote good mental health for children and young people
- Signs that something is wrong
- Looking after your own mental health
- How to get support

Visit [their website](#) for more information.

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virgincare.co.uk

