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Children & Young People's Mental Health Coalition

Good morning,

We hope you are having a lovely week.

Today is another big day for many young people as they receive their **GCSE results**. We want to remind all the young people who are picking up their results that **grades do not determine your worth and that you have done your best, so be proud**. In addition to what we shared last week, here are a few more resources to help young people, teachers and families navigate results day stress:

Anna Freud: [Managing stress for important moments](#)

Papyrus: [Exam results day](#)

The Children's Society: [Support young people with their wellbeing ahead of GCSE results day](#)

Also, a friendly reminder that we are still looking to create a **resource pack around behaviour and mental health in schools, following our [recent report](#)**. If you have anything that we can include that would be helpful to schools, and in supporting school staff, around behaviour and mental health please do send it to us via [this form](#).

Have a lovely weekend!

Shizana

Coalition Coordinator

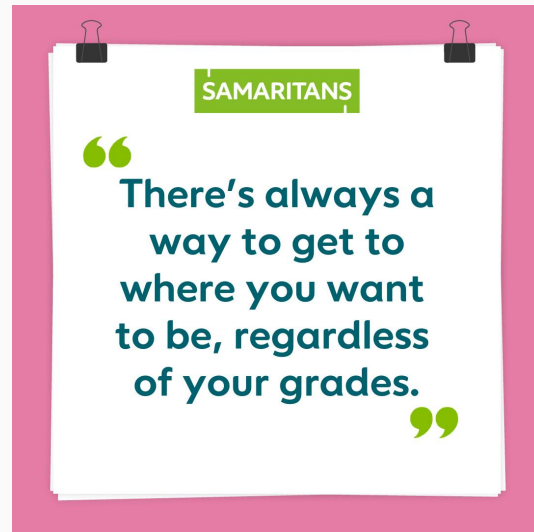
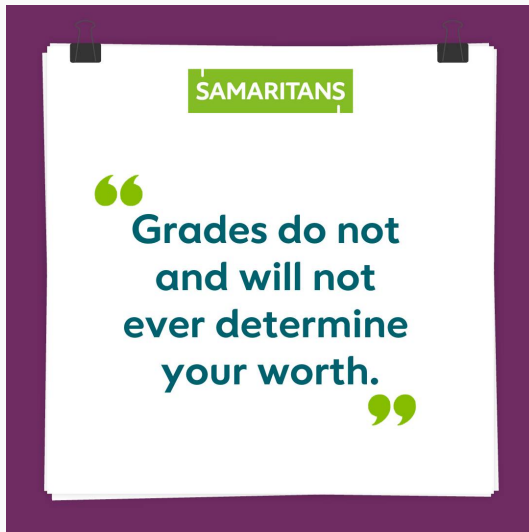
Children and Young People's Mental Health Coalition

IN THIS WEEK'S NEWSLETTER:

- **Blogs** [we think you would like to read](#)
- **Resources** [you may find helpful](#)
- **Opportunities for you to** [share with the young people you work with](#)

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SPOTLIGHT:



Some wise and supportive words from **Samaritans** to share with the young people you work or live with to help them if they are disappointed with their exam results.

If anyone is in need of emotional support during this time you can **call them free on 116 123.**

BLOGS:

#NoWrongPath: My journey after unexpected A Level exam results

In unison with the thousands of young people that picked up their A Level results last week, Helen, Head of Marketing and Comms at **Kids Inspire**, shared her own experience and

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and equally valuable.

[Read the blog](#)

EXTERNAL UPDATES:

'Midwives need the time to care' says the RCM as it calls for perinatal mental health

The Royal College of Midwives (RCM) has published a report on perinatal mental health which discusses provision of support for new and expectant mothers in the UK. The report includes: a review of research which shows one in five women will experience mental health issues during pregnancy and up to one year after birth; and an outline of strategies to improve perinatal mental health care in the UK.

[Read the report](#)

Perinatal mental health

The Lancet Psychiatry has published new research on mental health and pregnancy which identifies links between mental health difficulties in women and outcomes at birth. An analysis of hospital and birth registration records in England found that the risk of preterm birth and neonatal adverse outcomes increased in women with a pre-pregnancy mental health-care contact.

[Read the journal article](#)

Black Maternal Mental Health Week UK

The 4th **Black Maternal Mental Health Week** will take place from 25th of September to the 1st of October 2023. This initiative aims to raise awareness, promote understanding, and advocate for better support for Black mothers during pregnancy and postpartum. This year's theme is Breaking Cultural Barriers. During the week, the organisers will be sharing content, hosting online conversations, panel discussions with leading experts in the field, along with individuals who have lived experiences to share. Our goal is to shed light on the unique challenges faced by Black mothers concerning mental health and wellbeing and address the disparities they encounter in healthcare services.

[Find out more](#)

[Support the week](#)

GOVERNMENT:

Department of Health and Social Care have published two market engagement documents regarding hubs

DHSC have published two documents relating to funding at least ten **'Children and Young People's Mental Health Early Intervention Hubs'**. Those that can apply for funding are existing services who provide a full range of youth information, advice and counselling services or those looking to extend their current offer. The deadline for submission is 4th September 2023 at 5pm. Access the two pages here:

[Children and Young People Mental Health Early Intervention Hubs - Contracts Finder](#)

[Children and Young People Mental Health Early Intervention Hubs - Find a Tender \(find-tender.service.gov.uk\)](#)

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Spotlight on Beat's services for Young People

Beat run a number of specialist services, which are available depending on what has been commissioned in different parts of the UK. Below is a spotlight on two programmes specifically designed to support young people with eating disorders:

Compass: a coaching programme for carers of young people (aged 12-17) who have been recently diagnosed with an eating disorder and are yet to start treatment. As carers you will receive a fifty-minute video call every week for ten weeks, facilitated by one of our trained Programme Officers. Compass has been developed to complement our other carer programmes as part of a supportive pathway or when utilised on its own begin your carers journey through your loved one's recovery. Email us at compass@beateatingdisorders.org.uk for further information.

SharED: a free email support service that matches volunteers who have recovered from their own eating disorder with young people who are currently struggling with an eating disorder.

[More information on how to sign up](#)

OPPORTUNITIES:

Youth Select Committee open investigation into impact of rising cost of living on young people

The British Youth Council's Youth Select Committee have launched a call for written evidence as part of their inquiry into the rising cost of living and its impact on young people's health and wellbeing. The written inquiry provides young people with the opportunity to hear from a diverse range of players on the subject, shaping a collective insight and forming potential solutions. Written evidence is open to the public, but will also draw from the expertise of sector professionals that have been invited to participate, including charities and businesses.

[Submit your evidence](#)

Opportunity for care-experienced young people to influence corporate parenting reforms

The **APPG for Care-Experienced Children and Young People** are holding an [inquiry on the proposed extension of corporate parenting responsibilities](#). As part of the Inquiry, Become have created spaces to hear from care-experienced children and young people about which organisations they would like to see as corporate parents, what impact they would like this to have, and how corporate parents should be held to account. We want to make sure that the Government's reforms are informed and influenced by the insights and views of care-experienced young people. For those that are unable to attend the regional sessions, they can complete this [short survey](#) to share their views.

[Find out more](#) about the regional sessions

EVENTS AND WORKSHOPS

Class Action: Teaching beyond stereotypes – Wednesday 6th September

The Fawcett Society are bringing together an expert panel, combining lived experience, top tips and school-based case studies, to explore what can be done to tackle gender and racial stereotypes in everyday early years and classroom settings. This event aims to help build capacity and confidence in practitioners, leading to a transformative impact on all

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Is gambling a big deal for young people? - Thursday 14th September

This event is a collaboration between **With You** and **GamCare**, a leading provider of information, advice and support for anyone affected by gambling harms. With You will introduce the event and highlight the work they do with young people before handing over to Gamcare who will talk about the types of gambling activities young people participate in, the prevalence of harm experienced by young people, how GamCare raises awareness of and prevents harm, and they will share some lived experience examples.

[Sign up now](#)

NEWS THIS WEEK:

CYPNow: [Inquiry seeks views on how cost of living affects young people's wellbeing](#)

A call for evidence on how the cost-of-living crisis has affected young people's health has launched as part of an inquiry by British Youth Council's (BYC) youth select committee.

The Guardian: [Number of children in mental health crisis at record high in England](#)

NHS data reveals more than 3,500 urgent referrals of under-18s in May, three times higher than same month in 2019.

The Guardian: [Women with poor mental health 'have 50% higher risk of preterm birth'](#)

Study of more than 2m pregnancies in England found link between severity of mental health difficulties and adverse outcomes at birth.



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