

Early Intervention Family Worker Newsletter

7th February 2022

If you have reached out for support and have not yet heard from me, please accept my apology. I have been very busy working with parents and have also had time off with covid-19. This has caused some delay in completing my work, I will endeavour to contact you all before the end of term. *Natalie*

3rd February 2022

Why Time to Talk Day is important.

- One in 4 of us will experience a mental health problem in any given year.
- We want everyone to feel comfortable talking about mental health – whenever they like.
- Talking about mental health reduces helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.
- Opening up the conversation about mental health problems is important – by talking about it, we can support ourselves and others.

<https://timetotalkday.co.uk/>

#TimeToTalk Day

Use this bingo card to help start conversations and get your friends, family, community and colleagues talking about mental health.

Click and complete four actions this Time to Talk Day.

Conversations have the power to change lives, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

However you do it, have a conversation about mental health this Time to Talk Day.

time to talk day
03/02/22

in partnership with

Play your favourite sport and chat about how sport can affect mental health	Have a conversation online about mental health	Have a conversation in person about mental health	Talk to a young person about mental health	Display a Time to Talk Day poster on a community notice-board
Share a #TimeToTalk day post on social media	Create a picture/comic/cartoon about mental health for yourself	Share the picture/comic/cartoon you've made with someone else	Tell someone you know that it's Time to Talk Day	Name three films or books that portray mental health problems responsibly
Run a mental health myth busting quiz	Tell your local community group about Time to Talk Day	TALK listen change lives	Speak to your colleagues about mental health	Share something you've learnt about mental health
Ask someone 'how are you?' twice, and listen to their answer	Talk about mental health with a friend over a coffee	Do something relaxing/recharging with others	Share your top tips for talking about mental health	Share your top tips for talking using #TimeToTalk
Find a community group to join	Name two celebrities that talk about mental health openly	Tell three people about Time to Talk Day today	Finish the sentence 'It's time to talk because...'	Set a mental health resolution for #TimeToTalk

Top 10 Tips to Stay Safe Online

- 1 Don't share your personal information
- 2 Only talk to people that you know
- 3 Don't meet up with anyone you have only met online
- 4 Only accept friend requests from people you know personally
- 5 Always think carefully about what you post
- 6 Make use of the privacy settings on all of your social media accounts
- 7 Remember that not everyone online is who they say they are
- 8 Report inappropriate content immediately
- 9 Only share images that you'd be comfortable with your friends and family seeing
- 10 Never share your passwords

Images from www.flaticon.com

Another Resource

Every Mind Matters Signposting for children's mental health.

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Does your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-cambs.org.uk) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to www.cambridgeshire.gov.uk/residents/children-and-families/local-offer