



**Liverpool CAMHS**

mental health is everyone's business

Whole School Approach to Mental Health



# PROUD TO SUPPORT

Place2Be's

## CHILDREN'S MENTAL HEALTH WEEK

7 - 13 FEBRUARY 2022

#ChildrensMentalHealthWeek

# WHAT'S ON

### Daily live sessions

Hosted by The Liverpool Learning Partnership, presented by Merseyside Youth Association, daily **XPRESS YOURSELF** sessions will feature special guests.

**Liverpool CAMHS**  
mental health is everyone's business  
Whole School Approach to mental health

**Xpress Yourself**  
Children's mental health. Legal!

How are you feeling today?  
How are you feeling from 1 - 10?

### Reading Festival

Hosted by Liverpool Learning The Liverpool Children's Festival of Reading is designed to allow children in schools across the city to meet and listen to authors, illustrators and poets.

LIVERPOOL CHILDREN'S FESTIVAL OF READING PRESENTS  
**RASHMI SIRDESHPANDE**

LIVERPOOL CHILDREN'S FESTIVAL OF READING PRESENTS  
**MOMOKO ABE**

### Social media

Look out for lots of sharable social media content from Place2Be.

WE'RE DRESSING TO  
**XPRESS**  
THIS CHILDREN'S MENTAL HEALTH WEEK  
7 - 13 FEBRUARY 2022

**SPREAD THE WORD!**  
#ChildrensMentalHealthWeek

See next page for dates and times...

# DATES & TIMES



## The MYA RAISE Team's XPRESS YOURSELF

Live sessions and resources will be 'tree-themed' exploring how we grow together using evidence-based practice from; the formulation tree, tree of life narrative work, blob trees, post-traumatic growth research and more.

Each session will be fun and interactive, followed by an activity for the children and young people to complete in the lesson.

- Monday 7th 10.15 am – Key stage 1
- Monday 7th 1 pm – Key stage 2
- Wednesday 9th 11 am – Key Stage 1
- Thursday 10th 1.30 pm – Special Schools
- Friday 11th 11 am – KS2



Session plans will be available for teaching and support staff to support the sessions, and for children and young people who cannot join the live sessions.

**To register for packs and to confirm attendance please sign up using [this link](#)**

## Seedlings

Seedlings groups will be exploring favourite childhood books and talking about them in relation to this year's theme of growth.

## All Schools

Dr Beth Larham (Clinical Psychologist) will be delivering a free workshop for school staff around the impact of Vicarious Trauma and Compassion fatigue – often experience by those working with the emotional trauma of others. By the end of the session, you should be able to:

- define and describe Vicarious Trauma and Compassion Fatigue
- recognise the warning signs for Vicarious Trauma and Compassion Fatigue
- have an insight into your current level of resilience
- identify a range of individual approaches to protect and support yourself and colleagues from Vicarious Trauma and Compassion Fatigue
- explore ways in which organisations can prevent Vicarious Trauma and Compassion Fatigue, and foster resilience.

**To book a place please sign up using [this link](#)**

# DATES & TIMES



## KS1 & EYFS

### Mental Health Support Teams (MHST) Growing Together Session for EYFS

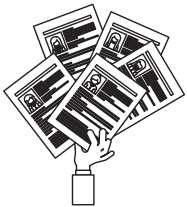


The MHST have created a recorded story 'Rob the Runner Bean' and a resource pack for schools.

This interactive story and accompanying resources and suggested activities will help children from EYFS and lower KS1 to explore some key aspects of resilience and what makes us grow strong. **Sign up [here](#).**

This resource will be available in the WSA [padlet](#) after 2nd February.

## Resources & Materials



A range of resources and materials have been gathered into the WSA toolkit [padlet](#) under the children's mental health week section.

These include the national resources created by Place2Be, founders of Children's Mental Health Week.

## City-wide Children's Mental Health Week Activities



Liverpool CAMHS partners have a host of events and activities planned for this year's Children's Mental Health Week.

We're going GREEN for Children's Mental Health Week!!! Look out for iconic buildings in Liverpool City Centre that will be illuminated green to raise awareness.

**Find out more [here](#)**

