



What happens on World Mental Health Day?

Like most awareness days, weeks and months, it shines a spotlight on a topic of great importance. Everyone has mental health – it matters 365 days of the year, but the 10th October is a chance for everyone to unite across the globe to educate and raise awareness of mental health matters. It encourages everyone to look after their own mental health and those of others through greater understanding and empathy. Organisations often use awareness days to promote and seek support for their services to ensure that people have the help they need.

Conversation Starters

Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time. You might not know what to say, or feel worried about how your child will react. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you to talk about feelings and provide comfort.

Whilst the activity is underway, what's the best way to encourage your child to open up? Have a look at some of our conversation starters.



Here are some things you could ask to get the conversation started:

- What was the best bit of your day?
- What was the worst bit of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

If your child is having a hard time, you can try to find out how they like to be supported by asking gentle questions like:

- How can I support you through this?
- Do you want to talk about what's going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- What was the biggest problem you had today? What helped?

"Is there anything you need from me? Space, time to talk, time to do something fun?"



Young Minds A-Z Guide

Young Minds have produced an A-Z guide which gives advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events. They'll also show you where you can get help.

<https://www.youngminds.org.uk/parent/a-z-guide/>

Coping Skills Fortune Teller

This is a lovely resource for exploring coping strategies linked to sadness, anger, anxiety and fear. There are three versions for you to use. <https://www.elsa-support.co.uk/coping-skills-fortune-teller/>

Key Dates:

- World Mental Health Day, 10th
- Dyslexia Awareness Week, 4th-10th
- OCD Awareness Week 13th-19th

For Emotional Wellbeing Support/Pre-Loved uniform, please contact: Miss Bryson via email:

cbryson@crookprimaryschool.org.uk

Every month we send out the Action for Happiness Calendar to support and inspire our community to feel the best that they can. Action for Happiness is an organisation that is always looking for more volunteers to help in different roles. If you are interested in finding out more, go to their website, at: <https://actionforhappiness.org/volunteer>

Optimistic October 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

4 Start your day with the most important thing on your to-do list

3 Take a small step towards a goal that really matters to you

2 Find something to be optimistic about (even if it's a difficult time)

1 Write down three things you can look forward to this month

12 Look out for positive news and reasons to be cheerful today

11 Avoid blaming yourself or others. Find a helpful way forward

10 Take time to reflect on what you have accomplished recently

9 Share an important goal with someone you trust

8 Make some progress on a project or task you have been avoiding

7 Look for the good in people around you today

6 Remind yourself that things can change for the better

19 Identify one of your positive qualities that will be helpful in the future

18 Set hopeful but realistic goals for the days ahead

17 Take a small step towards a positive change you want to see in society

16 Put down your to-do list and do something fun or uplifting

15 Thank yourself for achieving the things you often take for granted

14 Do something constructive to improve a difficult situation

13 Ask for help to overcome an obstacle you are facing

26 Find a new perspective on a problem you face

25 You can't do everything! What are your three priorities right now?

24 Write down three specific things that have gone well recently

23 Recognise that you have a choice about what to prioritise

22 Share a hopeful quote, picture or video with a friend or colleague

21 Let go of the expectations of others and focus on what matters to you

20 Find joy in tackling a task you've put off for some time



31 Set a goal that brings a sense of purpose for the coming month

30 Identify three things that give you hope for the future

29 Plan a fun or exciting activity to look forward to

28 Ask yourself, will this still matter a year from now?

27 Be kind to yourself today. Remember, progress takes time



Happier • Kinder • Together

ACTION FOR HAPPINESS

TEWV Crisis line | 0800 0516 171 | www.tewv.nhs.uk

24 hour service for young people experiencing a mental health crisis

Children's Social Care First Contact

Report a concern about a child's welfare

www.durham.gov.uk/FirstContact

CAMHS - Single Point of Access | 03001 239 296

Community mental health teams for children (0-18 years)

www.tewv.nhs.uk

Emotional Health & Resilience Team | 03000 263 532

Emotional health, advice and guidance for 5-19 years

NHS 111 | www.nhs.uk

Get medical help near you or advice on your nearest walk-in centres

Rollercoaster Parent Support

Helping parents to support children (0 – 25 years) with emotional or mental health issues

www.facebook.com/groups/1601632260084760

Childline | 0800 1111 | www.childline.org.uk

Confidential telephone counselling service for any child with a problem

Mind | 0300 123 3393 | www.mind.org.uk

Provide information and signposting on mental health,
where to get help and treatment options

KOOTH | www.kooth.com

Free, safe, anonymous online support for young people aged 11+

Samaritans | 116 123 | www.samaritans.org

The Samaritans offer a safe space to talk in your own time
and way about what is important to you

Young Minds | www.youngminds.org.uk

Helping young people around isolation and gaining support around mental health

The Mix | 0808 808 4994 | www.themix.org.uk

Free, confidential support for under 25 via online, social or mobile

PAPYRUS | 0800 068 4141 | www.papyrus-uk.org

Confidential support and advice for young people with thoughts of suicide

Mermaids | 0808 801 0400 | www.mermaidsuk.org.uk

Supports transgender, nonbinary and gender diverse youth from 18-25 years

Shout | Text SHOUT to 85258 | giveusashout.org

Confidential 24/7 crisis text support when you need immediate assistance

BEAT Youthline | 0808 801 0711 | www.beateatingdisorders.org.uk

Provides support for children and young people with an eating disorder

Remember your **local school** and **GPs** are **available to help**.

You are **not alone**, we can get through this **together**.



County Durham
Clinical Commissioning Group

Tees, Esk and Wear Valleys

NHS Foundation Trust

