



TEAM MEMBER OF THE MONTH

Hi, I'm Hannah!

I am the team's Senior administrator. I have been working in administration for 7 years and have extensive experience working within the area of education and prior to this I worked in the area of adult learning. I feel immensely proud to be able to be part of this incredible service which is going to make such a difference to so many people's lives. In my spare time I am usually out walking my dogs (a beautiful border collie Lilly and a fluffy little cockapoo named Roxy), socialising with friends and family or going on holiday as I love to explore new places.



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December 2020

A health & wellbeing update from the team!

It has been a busy month as the wrapping up of university is taking place for the team! That is not the only wrapping up taking place as we are now in the final count down to Christmas. It has been a difficult year for many with the pandemic and we welcome a more cheerful and exciting 2021! The impact of the pandemic this year on young people has certainly meant that Compass Go... support is needed more than ever. I have included some interesting statistics below on Kooths findings to give us a better understanding of the true impact of the pandemic on young people's wellbeing and mental health. Rest assured though as Compass Go... are here to help!



Supporting young people's use of electronics

The project named **'We are young, and we are digital'** is a series of professionally designed videos which Compass Go... has been busy producing in partnership with North East Lincolnshire Youth Action group. The suite of interactive videos looks at how young people use digital technology, how it makes them feel and how they can keep safe and healthy online. The full series consists of three videos in total and can be accessed on our YouTube channel **'Compass Go...MHST'**. Make sure you subscribe to our channel for access to more great videos whilst you're there!

Kooth Research

Kooth has become a well-known online counselling service which supports the wellbeing of young people. They have recently published some interesting facts about young people's current mental health statistics since the pandemic. The results show that self-harm has risen by 45% compared to last year. Loneliness has risen for young people by 135%, sadness by 211% and suicidal thoughts up by 25% compared to last year. Furthermore, anxiety and stress has risen by 53% and school and college related worries a whopping 246% from last year. This shows that the demand for mental health and emotional wellbeing services is greater now than it is ever been.

What is low intensity support?

Here at Compass we provide therapeutic support to children and young people aged from 5 to 18. The therapy we provide is considered low intensity which means that we provide brief evidence-based therapies and guided self-help which are delivered within a limited number of sessions. We work with children and young people who struggle with mild to moderate mental health difficulties. Our aim is early help and prevention work. We also work with vulnerable groups of children such as those who are involved with children services, young carers, looked after children, elected home educated, and those students at risk of exclusion. A key element to the work we provide is that as our service develops, we will be providing support based on the Public Health England 8 Principles Framework. The framework outlines 8 principles to promoting children's mental health and wellbeing from a whole school and college approach. I will talk more about this in our January issue!



Covid-19 Update

Compass Go... are continuing to provide support within most schools in North East Lincolnshire. Where possible this support is face to face to support with young people's engagement. We would like to thank schools for their cooperation in allowing young people to continue to access support from our service.