

[illegible]

We'd really appreciate you sharing this with your young people, families and wider networks.

Hatch are offering a parental training workshop in Birkenhead to support parents delivered by experienced behavioural management specialists.

A colorful illustration of five stylized human figures holding hands in a circle. The figures are blue, yellow, purple, green, and orange, each with a unique shape and color. They are set against a background of light blue and white abstract shapes, suggesting a diverse and inclusive community.



## **World Maternal Mental Health Week**

Maternal Mental Health Awareness Week is the 2nd to the 8th May.

This week-long campaign is all about raising public and professional awareness of perinatal mental health problems, advocating for women affected by it, changing attitudes and helping families access the information, care and support they need to recover.

During this week there are several events and resources available to raise awareness. More information on these events can be found using the link below:

[Maternal Mental Health Awareness Week](#)

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## **NSPCC Speak out, stay safe resources**

Speak out Stay safe is a free online safeguarding programme for children aged 5- to 11-years-old. It is available to all primary schools in the UK. The programme helps children understand abuse in all its forms and how to recognise signs of abuse as well as where and how to get help. These resources are presented as online assemblies which are fully accessible for young people with additional needs.



To find out more and to sign up, use the link below.  
[NSPCC Speak Out, Stay Safe](#)

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## British Red Cross Free First Aid Workshop

Red Cross are offering a free workshop where students will learn essential first aid skills.

This workshop is for children, aged 10 to 19, to build confidence and willingness to help someone in an emergency, using everyday objects.

They also show them where to get support if they have an injury or illness, as well as introducing the work that Red Cross do in the UK.

You can book an online or face-to-face classroom workshop by using the link below:

[British Red Cross Free First Aid Training](#)

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## MyMind website and social media

For more information about your local CAMHS service and access to a range of other resources about mental health please click on this link [mymind.org.uk](https://mymind.org.uk). Our YouTube channel and mymind twitter feed can also be accessed by clicking on the icons at the bottom of this newsletter.

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