

Mental Health Newsletters Spring 2026

Date	Newsletter Information
9/1/26	<p>If you bought your child a phone for Christmas you might want to watch this 12 minute video by Dr Susie Davies about Smartphones and Children's Mental Health. In the film, they explore some of the potential dangers of smartphones and social media on children's mental health and share practical advice for how parents can support their children's wellbeing. You'll hear directly from children about their own experiences, as well as from Dr Susie Davies, GP and founder of the PAPAYA charity; Sarah Richardson, a secondary school headteacher; and Julie Evers, a primary school headteacher - all offering valuable insights from both clinical and educational perspectives.</p>
16/1/26	 <p>The graphic features a group of diverse young people jumping joyfully against a light background. Text on the left reads: 'Welcome to HertsHub! www.hertshub.co.uk Advice, self-help and information about mental health and emotional wellbeing services for Hertfordshire's children and young people'. A QR code is on the bottom left, and the HertsHub logo (with CYPMHS above it) is in the center. Below the logo is the text 'Hertfordshire's Children and Young People's Mental Health Services (CYPMHS) system' and the website 'www.hertshub.co.uk'. The MH LDN logo is on the bottom left, and the Hertfordshire logo (with a stag) is on the bottom right.</p> <p>HertsHub is a new platform that will make it quicker and easier to find the right support for children and young people's mental health and emotional wellbeing in Hertfordshire. From building healthy daily habits to getting help early, HertsHub aims to empower young people and families to take charge of their emotional wellbeing. With</p>

	<p>information and signposting to a wide range of free services, the site brings everything together in one place: self-help resources, early help support options, more specialist services and contacts for help in a crisis.</p> <p>Explore now: https://www.hertshub.co.uk/</p>
<p>23/1/26</p>	<div data-bbox="448 472 756 696" data-label="Image"> </div> <p data-bbox="791 689 1294 730" style="text-align: right;">Feel Good Week 2-6th Feb</p> <p data-bbox="405 741 1358 1099">This week the Mental Health Champions and Youth Ambassadors met to help plan our Feel Good Week. This is focused on the 5 Ways to Wellbeing and each day will have a different focus. Friday 6th Feb will be our day to Give and the children wanted to raise money for a local Children's Charity. This day will be Non-School Uniform and families are asked to make a donation to the East and North Herts Hospitals' Charity who support children and their families at the Lister, Mount Vernon, Hertford and QEII hospitals. The link to donate is here - https://app.donorfy.com/form/EVV1E1GJA2/YOOZP</p>
<p>30/1/26</p>	<div data-bbox="531 1151 651 1308" data-label="Image"> </div> <p data-bbox="775 1290 1342 1323" style="text-align: right;">Parent Mental Health Day was created to</p> <p data-bbox="405 1330 1342 1487">raise awareness of the vital link between parents' and carers' mental health and the wellbeing of the whole family. If you are struggling please seek support. Here are a few links with useful advice or starting places.</p> <p data-bbox="405 1536 791 1570">Hertfordshire local support</p> <p data-bbox="405 1576 1302 1648">NSPCC reviews support if a parent has a diagnosed mental health condition.</p> <p data-bbox="405 1659 1342 1731">MIND discusses the challenges, importance of self care and support for parents and carers..</p> <p data-bbox="405 1738 1366 1809">Young Minds offers a range of support including a helpline for parents and carers.</p>

6/2/26



This week we have been holding our annual Mental Health and Wellbeing week with a focus on the **5 Ways to Wellbeing**. Given the latest statistics that roughly, 1 in 5 children and young people (aged 8 to 25) in the UK have a probable mental health condition, a figure that has risen steadily from 2017. We at The Leys feel that it is vitally important we teach the children strategies to look after their Well Being. **Connecting, taking notice, giving, being active and continuing to learn**, are activities that we can all do to help maintain positive mental health. Thanks also to Carol Lilley, from Hertfordshire Mind, who is delivering age appropriate workshops to all the children from Year 1-6 about how to manage feelings and look after their Well Being.

13/2/26



Online Safety Advice from YMCA
[Here](#) is the link to this useful guide which aims to support rather than judge parents through the tricky journey of parenting a child's digital life from 0-18. Whether you're asking 'should they be watching this cartoon and for how long' or navigating WhatsApp groups there is useful guidance for parents at whatever age and stage your child is. Covering topics such as, how to start conversations about online behaviour or being a good role model to trickier topics, such as what is an appropriate boundary. If you want more information there are two free workshops on 24/2/26 and 5/3/26 please book online.

27/2/26



First Steps Ed

is a national eating disorder charity that supports children from 5 years. They work with children and families to manage Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Orthorexia, OSFED (Other Specified Eating Disorders) and ARFID (Avoidant Restrictive Food Intake Disorder). They offer free 1 to 1 sessions (face to face or on Teams), group workshops, parent sessions and online self guided support (at a small cost). They specialise in supporting Autistic children who eat a very limited diet and offer a variety of accommodations to support children in sessions. Parents can self refer on their website [here](#).

6/3/26

DSPL2, which covers Stevenage and surrounding villages, are running Family Network events on Tue 17th March at Moss Bury and Tue 16th June at Peartree Spring. These will provide opportunities for families to find out more about local support services including Herts Minds, Wellbeing Junction and other local groups who support SEND.

13/3/26



Parents often report that children wake early or don't get to sleep until very late. This not only impacts on the child's day in school but can impact on the whole family's well being. Here is some [advice from GOSH](#) about supporting children to get into good habits around sleep. [Space](#) have created an online webinar about supporting neurodiverse children's sleep and [ADD-vance](#) also offer 1 to 1 specialist online coaching sessions to support parents with SEND children around specific sleep issues. If this is an issue for your family don't sleep on it, speak out!

20/3/26



It is Neurodiversity Week and many local and national organisations offer a range of training and support for parents and carers with many aspects of these conditions. [ADD-vance](#) offers courses for parents/carers and children (from Year 4 upwards) to better understand ADHD and Autism. [Dyslexia Matters](#) offers online training for parents about how to support their child in practical and realistic ways. [Nessy](#) also provides more detailed training for parents about supporting their Dyslexic child's learning. [Dyspraxia Foundation](#) lists common problems and strategies to support children. [Watch Me Do It](#) is a video library of short clips modelling how to do things, such as tie shoe laces or use cutlery, which children can watch to learn these skills.

27/3/26

If you have concerns about a child's mental health and they are in need of help urgently over the holiday, please call:

- [Your doctor](#) - it is important that your doctor is aware of their symptoms, as being your primary care service, they can offer you access to wider treatment and medical support.
- **[SPA \(Single Point of Access\): 0800 6444 101](#)** or NHS 111 and select the option for mental health crisis.
- The [A&E](#) department at your nearest hospital or **999** if you are very concerned about your own or someone else's

imminent safety.

- [Childline](#) - trained Childline counsellors are there for children 24 hours a day, every day of the year. Telephone: **0800 1111** (Freephone from mobiles and landlines).
- [Samaritans](#) - trained Samaritans are available to talk through your concerns, worries and troubles any time, day or night. Telephone: **116 123** (Freephone from mobiles and landlines).