



Dear Colleague,

The Be you Team are coming to your area! From the **7th to 11th March** we have planned a series of welcome events to mark the expansion of the mental health support team (Be You) into Ashington and Bedlington schools.

As you may be aware, Northumberland was chosen as one of twelve Trailblazer sites to pilot a programme funded by the Department for Education and NHS England to help improve children and young people's mental health and wellbeing by creating MHSTs within schools. These teams help children and young people with mild to moderate mental health needs and provide training and support for school staff. The pilot was initially delivered in the Blyth and Hexham areas, but it has now been expanded to include Ashington and Bedlington, with the ambition remaining to extend it across the whole of the county.

Given the uncertainty around Covid-19, it was decided not to commit to an in-person launch, but to do it virtually. Therefore, we will be sharing information about what we do, the support available and the work being done by partners in the county across the social media channels of Northumbria Healthcare NHS Foundation Trust, NHS Northumberland CCG and Northumberland County Council during week commencing **7th March 2022**.

We would love for you to get involved by sharing and engaging with the content as well as joining in using the hashtags #BeYou, #BeYouAshingtonBedlington and #BeYouNorthumberland.

All of the content we share is available in one place so resources are there for you to access on demand: <https://padlet.com/nies1/AshingtonBedlingtonBEYOU>

We want to hear from you too! There is a form for comments and questions in the 'Meet the Team' section on the padlet or you can email us directly beyou@northumberland.gov.uk

For those on Twitter, we will be hosting two live Q&A sessions during the week, where anyone can use the hashtag #BeYouChat to ask us what they want to know about services and support on offer for young people in Northumberland. This will be taking place between 1pm and 2pm on Wednesday (9th March), while the other will be Thursday (10th March) 3.30pm to 4.30pm.

Please feel free to share this information with students and parents/carers via your websites, social media platforms and school newsletters.



<https://www.beyounorthumberland.nhs.uk>