**We are with you 11.01.21**

Please see below for our weekly recommendations of resources and tips to support parents, professionals and young people.

**Building Connections Resources**

The NHS approved Every Mind Matters ‘Building Connections’ resources aim to support young people in Year 6, KS3 and KS4 to discuss loneliness and provide them with self-care techniques they can use when they’re feeling lonely.

<https://campaignresources.phe.gov.uk/resources/campaigns/82-every-mind-matters/resources>

**Children in Care – Advocacy Helpline**

Coram Voice works to support children and young people in care and care leavers. They offer an advocacy helpline that can be freely accessed. Further details about the services offered and how young people can seek support are detailed below:

[**https://coramvoice.org.uk/get-help/alwaysheard/**](https://coramvoice.org.uk/get-help/alwaysheard/)

**Missing From House Resource Pack - Education**

We have designed a resource pack (see attached) designed to aid education professionals to support parents and young people with risks associated with missing from home.

The resource pack contains the following:

- Service Overview & Contact Information

- Supporting children as lockdown restrictions change

- Our Tips for Supporting Children to Prevent MFH

- Reporting a child or young person as missing

- Increased Risks during COVID-19 / Key Resources

- Guide to Setting boundaries

- Guide to have better conversations

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