

**Heads Up Mental Health Fund │ Guidance & Resources**

Young Camden Foundation (YCF) is proud to open the Heads Up Fund for a second round. Heads Up Mental Health Fund is to support local community organisations with safeguarding the mental health and wellbeing of children, young people and youth workers during this pandemic and its aftermath.

During November 2020, YCF partnered with Healthwatch Camden to run a survey with local young people to further understand their needs. The survey showed that 70% of young people found their mental health is affected by the pandemic. As a response to this need YCF will be re-opening its Heads Up Mental Health programme on the **16 December 2020.**

**YCF seeks to fund projects that will achieve at least one of the following objectives:**

1. Support children and young people's mental health wellbeing remotely or to comply with government guidelines. This could include peer to peer support, mentoring, positive activities (including online) that keep young people connected and create a safe space to share, learn and have fun.
2. Support children and young people’s mental wellbeing to deal with transitions positively (i.e. transitioning from primary to secondary school, transitioning from school to further/higher education and transitioning from/to employment and training).
3. Set up and/or build on organisational systems that support youth work practitioners’ mental health and wellbeing. This could include, but is not limited to, access to professional or self-help support, regular debrief meetings to talk about worries or anxieties caused by work, meetings to discuss coping mechanisms, opportunities to participate in community activities (observing social distancing) and free psychologist or occupational therapy sessions.
4. Help youth work practitioners to acquire or expand their knowledge and skills to recognise mental health issues in young people and children and identify appropriate referral pathways.
5. Collaborate and partner with existing projects and organisations to enhance or grow an organisations’ mental health-wellbeing offer for young people and children and/or staff (see list of resources below).

**How much can you apply for?**

YCF will award YCF members grants between **£1,000** and **£5,000** based on the strength of their applications.

**Are you eligible?**

1. Your organisation must be a member of Young Camden Foundation. Joining is free by filling out the online form: <https://www.youngcamdenfoundation.org.uk/members>
2. You must be based and working in the London Borough of Camden with Camden residents aged 0 – 25 (and up to aged 30 with additional needs).
3. Charities, schools and other not for profit organisations based in Camden can apply.
4. Your organisation has a bank account (registered in the name of the applicant organisation) into which a grant can be paid.
5. Your organisation has a constitution.
6. Grants cannot be for religious activities.
7. Grants cannot be for political activities.
8. Grants cannot be for trips.
9. You must be able to provide a current Safeguarding and Data Protection/GDPR Policy in support of your application.
10. All funded projects will need to fill in a simple monitoring and evaluation form containing a description of what has been achieved, the number of children and young people or staff benefiting from the mental health project and receipts of items purchased.
11. The projects will need to be up and running after a month of receiving the grant. If your project cannot meet these timing, please explain this in your application.
12. All projects will need to adhere to up to date covid-19 guidelines and conduct a covid related risk assessment as suggested by the NYA see here: [NYA COVID-19 Guidance - NYA](https://nya.org.uk/guidance/).
13. Only applications received before 6pm on **25th January** **2021** will be considered. There are **£22,000** available in this pot.

**Why Mental Health?**

Mental health is the way we think and feel and the ability to deal with ups and downs. Good mental health gives us a sense of purpose and strength to deal with what life brings. However, when our mental health is fragile, we can find it difficult to deal with life: work, study, relations, leisure. Research in England[[1]](#footnote-1) shows that 1 in 6 adults experience symptoms of a mental health problem in any given week. And 1 in 8 children have a diagnosable mental health disorder-equivalent to almost 3 children in every classroom[[2]](#footnote-2). Depression and anxiety are one of the most common mental health issues faced by children and young people.

The mental health and wellbeing of whole societies have been severely impacted by the current crisis and are a priority to be addressed urgently. Research has identified significant and sustained increases in symptoms of depression and anxiety related to the COVID-19 pandemic. Young people have been particularly affected by the crisis. Young Minds[[3]](#footnote-3) surveyed over 2,000 young people nationally at the end of March and found that 83% agreed that the pandemic has made their mental health worse.

It is important to acknowledge that the mental wellbeing of youth work practitioners has also been affected by the pandemic. The feedback from YCF’s Covid-19 member survey showed that youth work practitioners had been affected by the loss of connection with each other and young people, anxiety about adjusting to a ‘new normal,’ and job insecurity. This fund is designed to support the Camden Children and Young People sector with safeguarding the mental health and wellbeing of children, young people and youth workers.



**Heads Up Mental Health Fund │Resources**

The list below contains resources that YCF has identified as relevant to this fund. YCF encourages partnership work and linking in with already existent services. This list is not exhaustive. If you already work with or know of other services, please do include them in your project[[4]](#footnote-4).

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| **No** | **Resources** |
| 1 | Young Minds<https://youngminds.org.uk/youngminds-professionals/our-projects/youngminds-welcome/> |
| 2 | Mind and Mind Camden<https://www.mind.org.uk/information-support/> |
| 3 | Mental Health Foundation<https://www.mentalhealth.org.uk/> <https://www.mentalhealthatwork.org.uk/> |
| 4 | Talk for Health<https://www.talkforhealth.co.uk/> |
| 5 | Partnership for ChildrenFree resource packs for children to develop coping mechanisms: <https://www.partnershipforchildren.org.uk/> |
| 6 | Government easy read guidance on Mental Health under Corona Virus: <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf> |
| 7 | Scope Mindful Monsters (fee applies): <https://www.scope.org.uk/giving/mindful-monsters/> |
| 8 | Young Minds (fees might apply)<https://youngminds.org.uk/youngminds-professionals/our-projects/youngminds-welcome/> |
| 9 | The Institute of Wellbeing<https://theinstituteofwellbeing.com/early-years-and-education/> |
| 10 | London YouthFor training on safeguarding and mental health (Fees may apply)<https://londonyouth.org/what-we-do/training/> |
| 11 | Leap Confronting Conflict (fees might apply)<https://leapconfrontingconflict.org.uk/training-adults-who-work-young-people> |
| 12 | NHS Mental Health and Wellbeing guide<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> |
| 13 | **Other resources:** NSPCC, National Youth Agency, Education Resource <https://www.educationsupport.org.uk/helping-your-staff> |

1. Mental Health Foundation UK “How to support mental health at work” report. [↑](#footnote-ref-1)
2. Young Minds online resources <https://youngminds.org.uk/about-us/media-centre/mental-health-stats/> [↑](#footnote-ref-2)
3. Coronavirus: Impact on young people with mental health needs', Young Minds, March 2020 [↑](#footnote-ref-3)
4. YCF takes no responsibility for the contents, services and products of the above websites, these information is provided in good faith. Please take the safeguarding and research steps as it might be necessary. [↑](#footnote-ref-4)