

ТИ ЗНАЄШ ДИТИНУ З УКРАЇНИ, ЯКА ПОТРЕБУЄ ДОПОМОГИ?

CLD Trust наразі пропонує КОНФІДЕНЦІЙНУ підтримку психологічного здоров'я, БЕЗКОШТОВНО, для будь-якої дитини або молодшої людини віком 8-26 років, яка приїхала до Герефордширу з України.

Ми повністю кваліфіковані, щоб надати допомогу з тривожністю, депресією та будь-якими її проявами.

Наші дружні консультанти та працівники підтримки працюють тут, щоб вислухати та допомогти.

Відвідайте наш веб-сайт www.thecldtrust.org/ukrainian-young-people, щоб подивитися, як ми можемо допомогти, і зв'яжіться з нами.

DO YOU KNOW A CHILD FROM UKRAINE WHO NEEDS HELP?

The CLD Trust now offers CONFIDENTIAL mental health support, FREE of charge, to any child or young person aged 8-26 who has come to Herefordshire from Ukraine.

We are fully qualified to help with anxiety, depression and any impact that is having. Our friendly counsellors and support workers are there to listen and help.

Visit our website www.thecldtrust.org/ukrainian-young-people to see how we can help, and get in touch.

This is funded through the central government's Homes for Ukraine Sponsorship Scheme



New Enhanced Mental Health Materials for Primary Schools

Please note that there are a lot of newly developed mental health materials commissioned from the CLD Trust to support your PSHE programme.

There are lesson plans with associated presentations, all in a range of formats that enable you to either use as they are or adapt them for your purposes. All of them have been cross referenced to the national curriculum and the EYFS framework. They can be absorbed into your current programme or provide new materials to refresh your lessons.



They are all related to an adapted version of the familiar NHS five steps to mental wellbeing, re-ordered to form the acronym CALMS: Connect, Active, Learn, Mindfulness and Support.

There are also films and other resources that can also be used and adapted for your purposes.

All the materials can be found at the following website.
<http://schools.thecldtrust.org/>

The ambition of the programme is to form a link between the counselling room and the classroom. The CLD Trust sees several hundred children and young people each year, supporting them to overcome anxiety, low mood, self-harm and many other concerns related to their mental health. The knowledge gained from this work has underpinned the materials we have developed.



If you have any specific requests for further materials please feel free to contact the CLD Trust directly at info@thecldtrust.org