

we are withyou

at Sefton STARS

Newsletter Feb 2021

We Are With You Sefton provides free and confidential support to young people and parents/carers experiencing issues with drugs/alcohol. We work with people on their own goals, whether that's to stay safe and healthy, making a small change or stopping an unwanted habit.

For more information please contact us on 0151 318 2804
or seftonstars.referrals@wearewithyou.org.uk



Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

For more information visit

<https://www.childrensmentalhealthweek.org.uk/>



Kooth

#dontdoitalone

Kooth is excited to unveil its "Don't Do It Alone" campaign, designed to encourage open conversations around mental health so children and young people know they are not alone with their struggles.

Kooth.com is a safe, free and anonymous online mental health platform paid for in your area by your Clinical Commissioning Group and/or your Local Authority

<https://www.kooth.com>



We have a range of resources and information on our social media sites.

This week we have information about Children's Mental Health Week

There is lots of useful information about different substances with harm reduction advice for young people.

Please follow us on social media

Facebook:- <https://www.facebook.com/WeAreWithYouSeftonStars>

Instagram:- wearewithyousefton

Twitter :- @wseftonstars

