**We are with you 22.02.21**

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

**Managing Social Media & Mental Health** **Apps**

The Anna Freud Foundation have produced this managing social media booklet which aims to highlight some key social media issues and offers advice and guidance on how to minimise the impact of social media on your mental health.

<https://www.annafreud.org/on-my-mind/managing-social-media/>

Additionally they have an app resource bank which details self help apps that have been approved either by the NHS, ORCHA or Our Mobile Health and are free to download.

<https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies/>

**Image Sharing Guidance for Education Settings**

The Dept. for Digital, Culture, Media & Support in collaboration with the UK Council for Internet Safety have recently published guidance to support safeguarding leads and others working in education settings which details how to respond to incidents which involve the sharing of nudes and semi-nudes.

<https://www.gov.uk/government/publications/sharing-nudes-and-semi-nudes-advice-for-education-settings-working-with-children-and-young-people>

**Graham McGaw**

**Team Leader We Are With You MFH Service**

**Cheshire West & Warrington**

New Town House, Warrington, Cheshire, WA1 2NH

Wyvern House, The Drumber, Winsford, CW7 1AH

Mob: 07971079028

Email: [graham.mcgaw@wearewithyou.org.uk](mailto:graham.mcgaw@wearewithyou.org.uk)

Secure Email: [graham.mcgaw@wearewithyou.cjsm.net](mailto:graham.mcgaw@addaction.cjsm.net)