



CASSS

NEWSLETTER

March 2026

Welcome!

Hello and welcome to the latest CASSS Newsletter. This newsletter aims to provide monthly updates on counselling and therapeutic activities in and around Southend and relating to the sector nationally. It is a chance for organisations to share information and highlight all the positive work that is going on, in the area.

CASSS stand for Counselling and Support Services Southend. It is a registered charity (No 1184892) which works with local organisations to coordinate and improve community counselling and therapy services, in and around Southend.

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In this Issue

In this edition we have news of CASSS attending a recent mental health event at the Victoria Shopping Centre. We are also currently looking for agencies to attend its next Mental Health Event at the Victoria Shopping Centre, in May. STARS/Forward Trust are running a Unity Day in May, see also attached poster. There is news of various CPD at Counselling Training Hub and Southend Safeguarding Partnership. Finishing are the awareness days 2026 calendar and news articles.

Future network meetings

The virtual network meetings date for 2026 are 30/3/26, 1/6/26, 27/7/26, 28/9/26, 30/11/26, all at 4pm on Zoom. Organisations are invited to attend.

Recent and Upcoming Events

CASSS at Youth Mental Health event

CASSS recently attend a Youth Mental Health Event at the Victoria Shopping Centre, run by Kiwi Productions. The trustees set up and ran a silent disco, CASSS also had a stand to talk to the public about mental health matters and support. Special guest was the mayor DJing on the decks!

We look forward to attending the event again next year.



CASSS Mental Health Event May 2026

CASSS will be having its next Mental Health event at the Victoria Shopping Centre, 10am – 3pm, on Saturday 16th May. This will be as part of Mental Health Awareness Week that week. Agencies are invited to have a stall, as part of the event.



This free event is an excellent opportunity to engage with members of the public, to raise awareness of your agency and offer support to the community.

Agencies who are interested in attending are asked to email cass.southend@gmail.co.uk, to express an interest. Agencies will need to provide a copy of their latest Public Liability Insurance and the organisation logo, to be used in marketing. Please note spaces cannot be reserved and attending agencies will need to bring their own table and chairs.

STARS/Forward Trust Unity Day

The logo for Forward Trust, featuring the word "forward" in a lowercase, rounded, sans-serif font. The letters are colored in a gradient from pink on the left to teal on the right.

STARS/Forward Trust are running a Unity Day on Wednesday 20th May, from 11am-3.30pm.

This is an opportunity to meet with and hear shares and inspiring stories from people with lived experience of living with substances. There will also be food and an opportunity for networking. If you need more info please email Paula Lee on paula.lee@forwardtrust.org.uk

Upcoming CPD/Training

Counselling Training Hub

At Counselling Training Hub, we know how difficult it can be for practising counsellors to find high-quality CPD that fits around a busy client schedule.

That's why we've created a brand new Downloadable Courses Library

a growing collection of practical, affordable CPD resources that you can access instantly and complete in your own time.

Explore the downloadable courses here:

<https://www.counsellingtraininghub.co.uk/store>



Southend Safeguarding Partnership

FREE Webinars and eLearning (External Providers)



As well as eLearning available on this website, Southend Safeguarding Partnership also support the delivery of training from a number of sources. See <https://safeguardingsouthend.co.uk/training/> for more information.

National and Local Mental Health Awareness Days

March

30th March - World Bipolar Day

April

April 2026 Stress Awareness Month

7th April – World Health Day

May

11th -17th May - Mental Health Awareness Week

16th May - CASSS Mental Health Awareness event at the Royals Shopping Centre

July

25th July - National Schizophrenia Awareness Day

September

10th September - World Suicide Prevention Day

October

10th October - World Mental Health Day

12th - 18th - October 2026 OCD Awareness Week

November

November 2026 Men's Mental Health Awareness Month

4th - November 2026 National Stress Awareness Day

13th - 17th - November 2026 Anti-Bullying Week

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days>

News Articles

Can a headset help people with a fear of heights?

<https://www.bbc.co.uk/news/articles/clyg9ew3q00o>

The worse your mental health problem, the less sympathy you get – why?

<https://theconversation.com/the-worse-your-mental-health-problem-the-less-sympathy-you-get-why-274651>

“Biggest Initiative To Address Mental Health In Film & Television In A Generation” Unveiled At UK Charity Event

<https://deadline.com/2026/02/principles-for-mentally-healthy-productions-film-tv-charity-1236737091/>

Why are young adults in Europe facing greater mental health challenges than older generations?

<https://www.euronews.com/health/2026/02/26/why-are-young-adults-in-europe-facing-greater-mental-health-challenges-than-older-generati>

Tetris can help tackle memories of past trauma, study finds

<https://news.sky.com/story/tetris-can-help-tackle-memories-of-past-trauma-study-finds-13509361>

Academic pressure linked to increased risk of depression in teens

<https://www.ucl.ac.uk/news/2026/feb/academic-pressure-linked-increased-risk-depression-teens>

Disclaimer: The content of this newsletter contains information from external sources and websites. The articles do not represent the views or opinions of the charity. This newsletter is purely for information purposes and CASSS is not responsible for any upset or distress caused, by the content of the articles.

CASSS is not responsible for the administration, organisation, cost or quality of any courses/CPD/supervision advertised. Any issues or concerns about the activities listed including quality, cancellations, refunds and amendments, must be claimed through the providers themselves.