



People first



Future focused



Embracing change

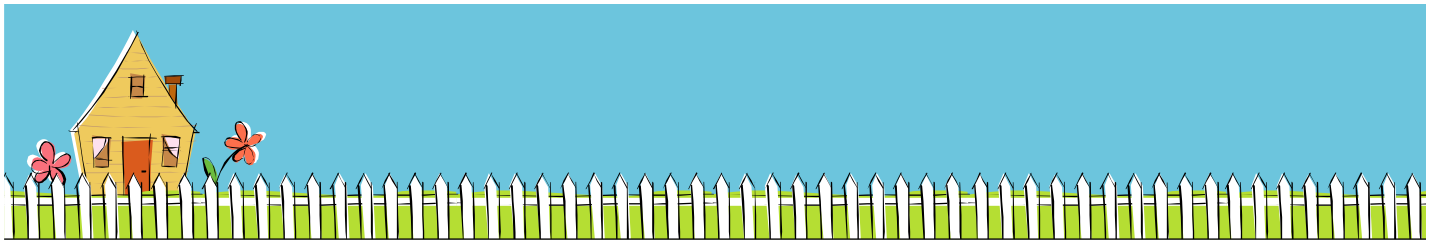


Working together



Everyone counts

MHST - January 2021



## Hello again from your Mental Health Support Team (MHST!)

Happy New Year, and what a start to the year it has been!

As always, we are here to support you; we are still working virtually with children and young people, parents/carers and your school and accepting referrals for 1:1 support.

We are pleased to tell you that our 1-hour wellbeing sessions are now open to all year groups. If you would still like to know more about our role, please take a look at the short video below:  
<https://www.youtube.com/watch?v=0DzCxUcfNs8>

We understand how tricky the start of the term has been, with last minute announcements for most students to be back to online learning. These strange times we (still) find ourselves in affect us all in different ways and however you are feeling right now is completely normal. It can be unsettling when we do not know what is happening and when things feel up in the air but it is important to take care of yourself.

Remember, always be kind to yourself and stay safe 😊

## FILL YOUR FEED WITH POSITIVITY

There are lots of Social media accounts out there promoting positive mental health and wellbeing. Why not take a look and fill your feed with positivity!

 @our\_mh\_space

 @mentalhealth

 Hampshire CAMHS Facebook



## SOME HELPFUL TERMINOLOGY

**EMHP**-Education Mental Health Practitioner, these are people who help children and young people in schools with some difficulties they are experiencing such as worries or feeling low. Currently the EMHPs you meet will be trainees.

**MHST** - Mental Health in Schools Team (us!)

**CBT** - Cognitive Behavioural Therapy (this is what we do), talking therapy that helps you to learn skills to cope with different thoughts, feelings and behaviours.

**NHS** - National Health Service.

**Wellbeing Clinic** - A one-off session with an EMHP where we can discuss how you can maintain or help improve your mental wellbeing.

**CAMHS** - CAMHS stands for Child and Adolescent Mental Health Services. CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

## WHAT'S GOING ON?

### Place2Be's Children's Mental Health Week- February 1<sup>st</sup>-7<sup>th</sup>



The theme for Children's Mental Health Week is 'Express Yourself'

Around five children in every primary school class has a mental health problem, and many more struggle with challenges from bullying to bereavement.

For Children's Mental Health Week 2021 Place2Be will be encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.

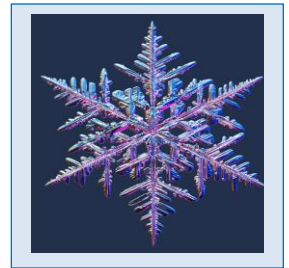
<https://www.childrensmentalhealthweek.org.uk/>

### BEAT THE WINTER LOCKDOWN BLUES

We know that the winter months and shorter days can really affect our mood and wellbeing. Lockdowns can be difficult for some people, and the lockdowns in Winter may feel harder as we cannot get out of the house as frequently as we would like.

Research shows that going outside for 30 minutes a day to a park, countryside and our own gardens promotes feelings of wellbeing and improves self-esteem, among other benefits.

Public Health England's 'Better Health' campaign offers tips to move more and get active outside.



### ACTIVITY- National Hot Chocolate day is January 31<sup>st</sup>

Why not make yourself a warm cup of hot chocolate to celebrate the day?

Why not add some squirty cream, sprinkles, marshmallows and a flake and go all out-you deserve it!

You could even make one for a friend or family member, remember that giving, connecting and taking notice are all strands of the six steps to wellbeing.



### FURTHER SUPPORT AND USEFUL SERVICES

Hampshire and IOW CYP Crisis Line - Mon-Thurs 3pm-8.30pm 0300 303 1590 - Telephone Support for children and young people 11-17years old

ChildLine- Call 08001111 9am- Midnight Everyday - Free telephone support for children to discuss any concerns or worries

Shout- text SHOUT to 85258 - 24/7 Free and Confidential TEXT Service for anyone in a crisis

## Mindfulness Activity

# TENSE AND RELEASE

## MUSCLE RELAXATION

- 1.** Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- 2.** Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- 3.** Continue moving up the body for more relaxation.

If you're reading this, release your shoulders from your ears, unclench your jaw, and remove your tongue from the roof of your mouth. We physically tend to hold onto stress in least noticeable ways. Relax.

Lifting-the-Veil.com



Contact us: [spnt.mhst.earlyhelpse@nhs.net](mailto:spnt.mhst.earlyhelpse@nhs.net)