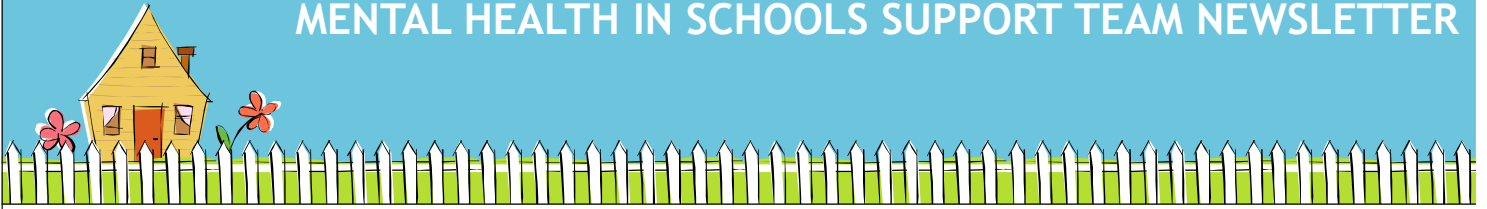


May 2021

MENTAL HEALTH IN SCHOOLS SUPPORT TEAM NEWSLETTER



Hello again from your Mental Health Support Team (MHST)



We hope you are all well and have been enjoying the recent Spring sunshine ☺

The weather in Spring time can be unpredictable and very up-and-down, with sun, rain, wind and storms. The same can be said for our emotions, some days we might feel on top of the world and others may be really difficult - this happens to everybody sometimes. Find some information on page 2 if you are finding things tricky at the moment and some ideas that may help you to feel a bit better.

In May we celebrate both Mental Health Awareness Week and Deaf Awareness Week - see the information in the boxes below for details of how to join in and where to access support.

As always, please do speak to a member of staff at your school if you feel that support from the MHST would be helpful for you.



<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

10th-16th May is Mental Health Awareness Week and the theme is Nature – see page 2 for some ideas of how nature can improve our mental health.

Connecting with others is also beneficial for our mental health. **MIND** are encouraging us to speak up about mental health by:

- * Sharing this image
- * Having a conversation about mental health
- * Reaching out to others



<https://www.mind.org.uk/get-involved/mental-health-awareness-week>

Celebrating our differences

Everybody is different, this makes us unique and we all deserve to be accepted and included. In this section we celebrate some of our amazing differences each month:



<https://www.signature.org.uk/deaf-awareness-week-2021/>

It is estimated that there are 11 million people in the UK that have trouble with their hearing. Research has found that up to 50% of the Deaf community have poor mental health compared to 25% of the general population. Whether you have difficulty hearing yourself, or you might live or know somebody who is affected by hearing loss there are organisations to support you. Between the 4th and the 9th of May lots of organisations spend time raising awareness for those who are Deaf and Hard of Hearing and how you can get support. The links at the bottom of this section can direct you to this support.

(<https://www.gov.uk/government/publications/understanding-disabilities-and-impairments-user-profiles/saleem-profoundly-deaf-user>)

- * https://deafunity.org/article_interview/deafness-and-mental-health/
- * <https://www.deaf4deaf.com/nhs-referred-counselling/>
- * <https://www.avuk.org/joining-the-programme>
- * <https://actionfordeafness.org.uk>

Lockdown, Covid-19 and life in general can make things hard sometimes. When we feel down it can be hard to keep active, feel energised to do things and take care of ourselves properly -this is completely normal and we all experience this from time to time. During the pandemic, 45% of us reported going out for walks was one of our top coping strategies through our lockdowns and people appreciated and noticed nature more. Being outside, especially in green spaces, is powerful and can give our mental health a boost. It has been proven that the more active we are, the better we feel.

Here are some top tips for keeping active and lifting our mood:

- * Go for a walk - ideally in a green space
- * Get washed and dressed each day
- * Keep your bedroom tidy and clean (and complete any other household jobs)
- * Play a sport
- * Do something for yourself that you enjoy

(<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>)



STRESSED OUT? WALK IT OFF.

This Monday try mindful walking to bring focus and calm.

1. Pick a time in your daily routine to practice mindful walking for at least five minutes.
2. Concentrate on the physical sensations of walking - the sights, sounds, and feelings of each step.
3. If your mind wanders, gently return your focus by repeating "left, right" as you walk.



**DESTRESS
MONDAY**

DeStressMonday.org

#DeStressMonday

FURTHER SUPPORT AND USEFUL SERVICES

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

Samaritans phone line - Call on 116 123 - Any time day or night

Samaritans self-help app - <https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/>

NHS 111 - Call 111 - for help and advice

Contact us: spnt.mhst.earlyhelpse@nhs.net