

MENTAL HEALTH SUPPORT TEAMS

Service delivered in partnership with Hampshire and Isle of Wight Integrated Care System.



NHS

hampshirecamhs.nhs.uk

MHST Round up - May/June 2022

Contact us: SPNT.MHST.earlyhelpse@nhs.net

Hello, hola, hallo, bonjour, привіт, witam, ciao, سلام, merhaba, হ্যালো from your Mental Health Support Team (MHST)

In the MHST, we have been enjoying the better weather recently. Sometimes warmth and sunshine can really improve our mood and motivation levels. It is still important to keep in check with ourselves and others around us though, mental health can be changeable just like the weather - do you know the signs to spot when you are feeling better or worse within yourself?

Remember to speak to an adult in your school if you feel some extra support from the Mental Health Support Team would be helpful for you.

Celebrating our differences

This month, we are celebrating those of us who speak English as an additional language. This can make school and life in the community difficult sometimes, and so it is important to be aware of the difficulties that may be experienced and the support that is available.

Check out some information about EMTAS - a local service who do just this:

<https://www.hants.gov.uk/educationandlearning/emtas>

Did you know that Hampshire CAMHS have added an accessibility and language toolbar to the website to improve accessibility?

This month's Mental Health Hero - Jake Daniels

Sky News write:

Jake Daniels is a 17-year-old Blackpool forward who recently came out as the only openly gay male professional footballer in Britain. Liz Ward, the director of programmes at LGBTQ+ rights charity Stonewall, said of Daniels's announcement: "Football is ready for this moment, and we believe it has been for some time. Former Aston Villa midfielder Thomas Hitzlsperger, who came out as gay shortly after his retirement, wished Daniels a wonderful career and said he was glad to see he had the support of his club and Stonewall to make the announcement possible. Prime Minister Boris Johnson tweeted: "Thank you for your bravery Jake, it would have taken huge courage to come out and you will be an inspiration to many both on and off the pitch."



<https://news.sky.com/story/jake-daniels-footballer-praised-for-bravery-and-courage-after-coming-out-as-gay-12614897>

Dates to remember

MAY

7-13th Deaf Awareness Week
14th World Fair Trade Day
15-21st Christian Aid Week
16-29th Foster Care Fortnight
16-20 Walk to School Week

JUNE

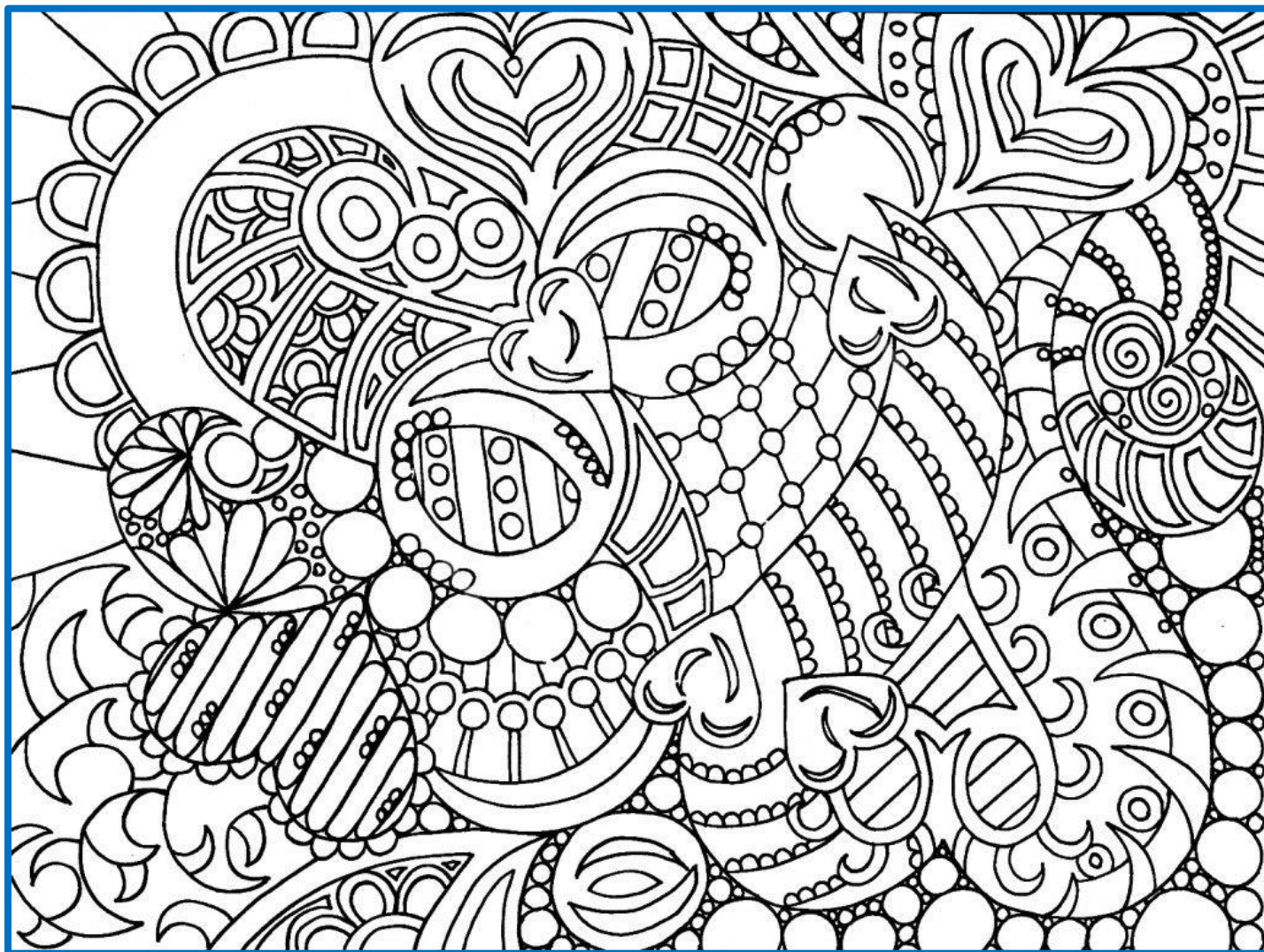
1-7th Volunteer Week
12-18th Diabetes Week
13-17th National School Grounds Week
18-24th Recycle Awareness week

Mindfulness

Activity



Mindful Colouring



Mindfulness activities allow us time to focus on one thing and one thing only. They can be helpful if you struggle sometimes to clear your mind of thoughts and worries. Mindfulness activities can help to ground us when we are feeling anxious or just provide some space and calmness in our often-busy lives.

Why don't you also try watching some of the mindfulness videos on the Hampshire CAMHS website?

<https://hampshirecamhs.nhs.uk/video/2965/>

<https://hampshirecamhs.nhs.uk/video/guided-mindfulness-leaves-on-a-steam/>

Top Tips for sleep difficulties



Lots of young people find getting to sleep, staying asleep or waking up a real problem. Disrupted, broken or insufficient sleep can really impact on people's mood and ability to cope with daily life.

Top tips to help you get to and stay asleep:

- Avoid stimulants such as alcohol, caffeine, sugary drinks or foods. This includes avoiding technology like phones, tablets, TV etc.
- Doing some exercise or activity during the day.
- Make sure you're as organised as you can be for the day ahead so that you are not worrying or thinking about what you have to do or what you might need.
- Try not to nap during the day.
- Make sure you have something to eat for dinner, you will find it harder to sleep if you are hungry or thirsty.
- Have a regular night time routine; do things roughly in the same order at the same time each night to get your body and mind ready for sleep.
- Try to wake up at the same time, even on weekends.
- Create a calming and peaceful environment. Rooms that are dark and cool are best for sleep.
- Avoid using your bed for studying, reading or listening to music. Your bed should be used for sleeping.
- Sometimes having a warm milky drink (such as hot chocolate) can help.
- Take a warm (not too hot) bath or shower.



<https://hampshirecamhs.nhs.uk/help/young-people/sleep/>

So, how much sleep should you be getting each night?



A reminder of what the MHST can support you with:

- Sleep difficulties
- Anxiety
- Worry
- Phobias
- Panic
- Low Mood
- OCD
- Single Event Trauma

Contact us: SPNT.MHST.earlyhelpse@nhs.net

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.