

MHST - January 2021



People first



Future focused



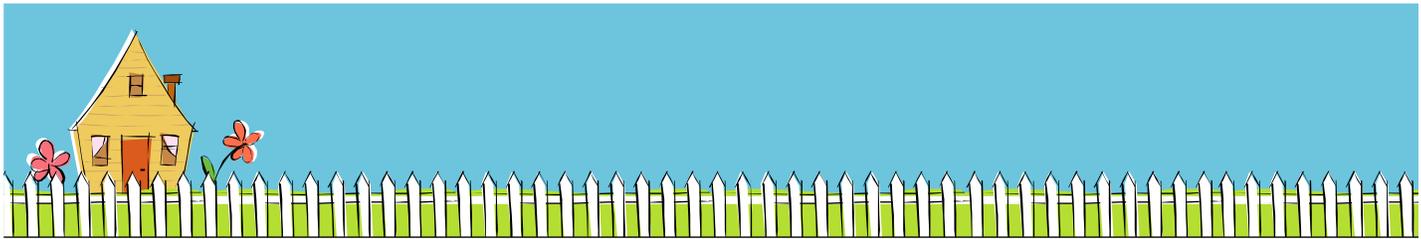
Embracing change



Working together



Everyone counts



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

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

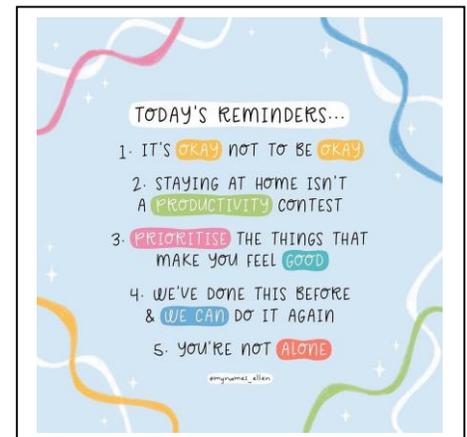
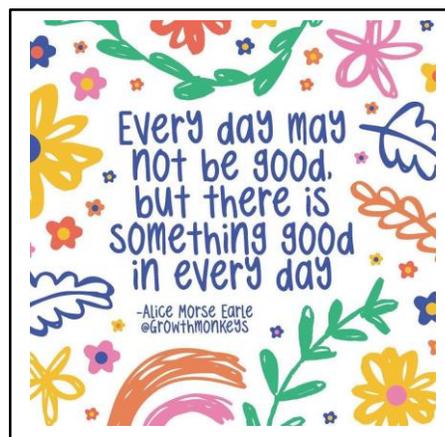
As always, we are here to support you; we are still working with children and young people, parents/carers and your school and accepting referrals for 1:1 support.

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 and home 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 worrying 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 😊



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.

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 1st-7th



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

Around five children in every primary school class have a mental health difficulty, 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/>

12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com

Pathway 2 SUCCESS

Play board games and sports



Go on a mindful walk outside



Write in a journal or diary



Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

Talk about characters' feelings in a movie



Start an acts of kindness challenge



Organize an area of the house together



Write a self-compliment list



Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"

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ACTIVITY- National Hot Chocolate day is January 31st

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