



People first



Future focused



Embracing change

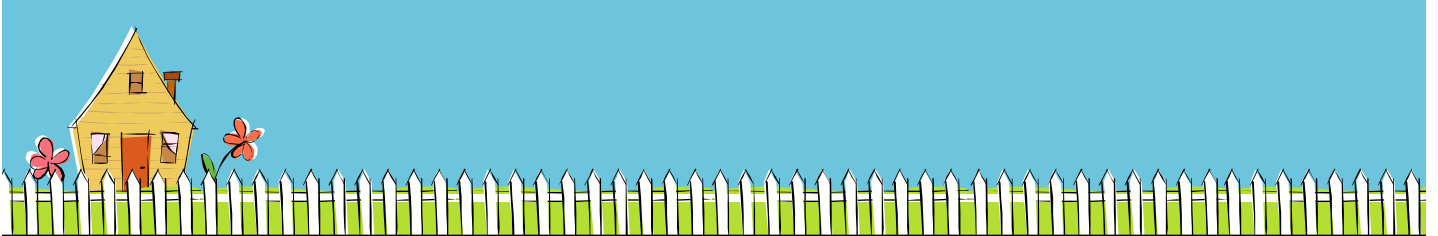


Working together



Everyone counts

MHST - September 2020



Welcome back from your Mental Health Support Team (MHST!)

We hope you have been able to have a relaxing break over the summer, and while we are aware we still haven't been able to meet the majority of children face to face yet, we continue to work hard behind the scenes in supporting young people whilst still keeping yourselves and us safe. We hope to be able to come into schools very soon however, in the meantime we are still able to offer appointments via our virtual platform Attend Anywhere.

We understand this continues to be a time of anxiety in response to COVID-19 and recognise that these are normal feelings in a strange situation, so we wanted to include some resources to help with the return to school.

Autumn is coming soon, so with this in mind we have included some activities to help with how your child might feel. (Please see the last page!)

If you would like to know more about our role, please take a look at the short video below
<https://www.youtube.com/watch?v=0DzCxUcfNs8>

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



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SOME HELPFUL RESOURCES

- [MindEd](#) - a free educational resource for frontline staff from Health Education England on children and young people's mental health.
- [Good Thinking](#) digital mental wellbeing resource which breaks down advice for children and young people by specific groups
- [Anna Freud Centre](#), particularly [Mentally Healthy Schools](#) resources and their [Schools in Mind](#) network on supporting young people's mental health during periods of disruption.
- [PHE's guidance](#) on supporting children and young people's mental health and wellbeing
- [Every Mind Matters](#) includes an online tool and email journey to support everyone to feel more confident in taking action to look after their mental health and wellbeing. It also includes a section for parents and carers on looking after children and young people during the pandemic.

HOW TO MAKE VEGETABLE BUG SNACKS

You will need:

- 2-3 Celery stalks, cut into pieces
- 1/3 cucumber, thinner & thicker slices
- 1/3 cup cream cheese, or houmous
- 6 cherry tomatoes, different colours, halved or quartered
- 1 bunch chives
- 8-10 black pitted olives
- 2-3 slices of turkey, or ham which are then rolled

Instructions:

1. First, fill the celery stalks with cream cheese
2. Next, add one cherry tomato or one olive as its little head.
3. Continue making shells from either thicker cucumber slices, rolled deli ham or a line of sliced cherry tomatoes. Add thinner cucumber slices as wings as shown in the photos.
4. Insert chives for antennas.
5. To make eyes, place small cream cheese dots on their little bug heads.
6. Add a small piece of chopped olive to each dot for pupils.



RETURNING TO SCHOOL

For many of you, this may be the first time your child has been to school since March and it is natural for them to be experiencing lots of different feelings about this. Please know that your school staff have done everything within their power to keep you all safe. If your child is feeling unsure about returning to school for any reason, these videos, made by another Mental Health in School Team, may be helpful to watch: https://www.youtube.com/playlist?list=PLgy7Kd_oisKVe6D1ok0M59-XT_KBwUr_x

Remember, there are always people willing to listen if they need support or somebody to talk to.

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



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

Just One Breath

BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.

