

MENTAL HEALTH SUPPORT TEAMS

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



MHST Round up - September 2022

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

Welcome back from your MHST for the new Term!

We hope you had a lovely Summer break and are feeling refreshed and ready for a new Term, and maybe even a new school. If this isn't the case and you're maybe feeling a little nervous, confused or just out of sorts from Summer, there are people to help if you need.

We wanted to use this month's round up to remind you of who the Mental Health Support Teams are and what sort of things we can help with. We are a team within the Early Help Support in Hampshire and work with young people, teachers and families to support with mild to moderate mental health difficulties. Some of the difficulties we can help with are below:

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

This month's Mental Health Hero...

Is **Tom Holland** aka Spiderman!



Tom noticed signs he was struggling with his mental health and that this was not helped by certain social media platforms. He stated:
"I'm taking a break from social media for my mental health because I find Instagram and Twitter to be overstimulating and overwhelming,"

Have you ever noticed social media impacting on your mental health?
It is okay to take a break from things and do what is right for your mental health and wellbeing.

https://www.google.com/search?q=tom+holland&sxsrf=ALiCza9szSgGMliuoiP6PCwt2efCo8hjQ:1662029098964&source=lnms&tbnm=isch&sa=X&ved=2ahUKEwir7bLwtPP5AhWholwKHZj1ASMQ_AUoAnoECAIQBA&biw=1280&bih=577&dpr=1.5



Dates to remember in:

September

5th- National Teacher's Day

10th- World Suicide

Prevention Day

21st- International Day of Peace

How could you celebrate your teacher's in this new term?

New Service Supporting families of Autistic Children- AAA

In the MHST, we understand that a lot of the children and young people we work with may have a diagnosis or experience symptoms of ASC. Although we do not carry out Autism assessments, we do have contacts for other services that we are able to signpost you to. One of the new services is **Ask About Autism (AAA)**. It is a new service for families with children no matter where they are in the diagnostic process. It is a place for them to meet others, form networks, and also to receive free training opportunities.

For more information please go to:

<https://www.braain.co.uk/blog/launching-ask-about-autism>

Back to School

The start of a new school year can bring on lots of different emotions. Some of you may even be starting a brand-new school. You could be feeling uncertain, excited or worried or you might not know if you're coming or going! When we feel like this, sometimes we can struggle to keep organised and not know what to do.

Take a look at our Check list for helping you get back on track for starting school! →

Some other top tips from the MHST for your return to school:

- Try to get a good night sleep and set an alarm
- Talk to a trusted adult about how you are feeling
- Eat a balanced breakfast in the morning
- Check out the 'Best Version of you' booklet on the Hampshire CAMHS website:

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

THINGS TO REMEMBER TO DO - SCHOOL



NIGHT BEFORE

<input type="checkbox"/> SORT MY BAG	<input type="checkbox"/> STATIONERY	<input type="checkbox"/> HOMEWORK	<input type="checkbox"/> P.E. KIT
<input type="checkbox"/> BOOKS	<input type="checkbox"/> LUNCH	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> GET UNIFORM/ CLOTHES READY	<input type="checkbox"/> CHARGE PHONE	<input type="checkbox"/>	<input type="checkbox"/>

MORNING

<input type="checkbox"/> PACK MY BAG	<input type="checkbox"/> WATER BOTTLE	<input type="checkbox"/> LUNCH	<input type="checkbox"/> P.E. KIT
<input type="checkbox"/>	<input type="checkbox"/> LOCKER/HOME KEYS	<input type="checkbox"/> MONEY	<input type="checkbox"/>
<input type="checkbox"/> PHONE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>