

MENTAL HEALTH SUPPORT TEAMS

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



hampshirecamhs.nhs.uk

MHST Round up - April 2023

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

Welcome back from your MHST for the Summer Term!

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

Just a reminder of some of the difficulties we can help with are below:

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

Important Dates:

1st - 30th April - Stress Awareness Month

18th April - World Heritage Day

21st - 22nd April - Eid al-Fitr

23rd April - St George's Day

1st – 31st May - National Walking Month

1st - 7th May - Deaf Awareness Week

15th – 21st May - Mental Health Awareness Week

16th May - 20th May - Walk to School Week

15th - 21st May - Christian Aid Week

21st May - World Meditation Day

What special occasions or important dates can you think of that are happening this term?

This month's Mental Health Hero...



Daniel Radcliffe (who you might recognise as Harry Potter) has struggled with OCD since he was 5.

He has been outspoken in encouraging others to seek the right support and personally benefited from having someone to talk to about his OCD.

More information on OCD can be found here:

<https://hampshirecamhs.nhs.uk/help/young-people/obsessive-compulsive-disorder-ocd/> (hampshirecamhs.nhs.uk)

When things get hard, or a little too much, please remember that there are people you can talk to!

Here are some helpful numbers you can use

Samaritans - 116 123 (Open 24/7 365 days a year)

SANEline - 0300 304 7000 if you are experiencing a mental health struggle

MENTAL HEALTH
SUPPORT TEAMS



Stress Awareness Month

April is stress awareness month. Below are some links to handy resources if you are feeling stressed:

Hampshire
CAMHS Website



Mindfulness
calendar: daily
five minute
activities



Self care kit



Helping hand
activity



Coping with
stress



Emotional check-
in



Stress Bucket

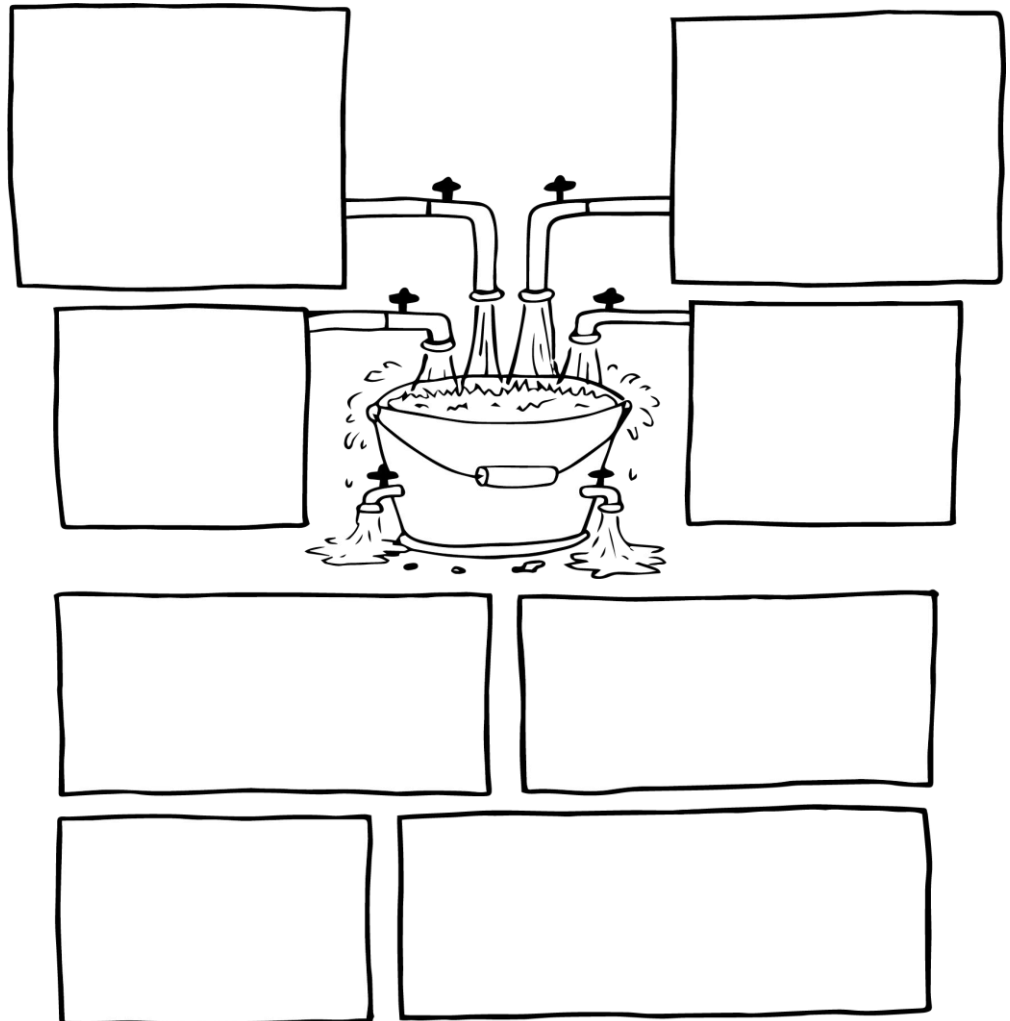
It is normal to feel stress at times. Some stress can be good, but too much can cause you to feel anxious or depressed, which might affect your sleeping, eating habits and general wellbeing.

When you feel worried, the stress bucket is a visual way for you to communicate this, and this can help the adults in your life best support your needs.

Instructions

1. Above the bucket are taps and the things that cause you stress. Using the boxes, draw or write the things that are making you worry. It might be too much homework, friendship issues, back-to school anxiety.
2. The below taps are the things that help you release stress. Using these boxes, write or draw things that help you manage this feeling. It could be talking to friends, exercise or spending time with pets.
3. You might find it helpful to discuss your stress bucket and the things that help you.

Stress Bucket Activity



MENTAL HEALTH
SUPPORT TEAMS

ChildLine- Call 08001111 9am- 12am Daily - Free 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.

Kooth - <https://www.kooth.com/> - 24/7 online counselling (ages 11-25)