

# Mental Health and Wellbeing Newsletter June 2023



Welcome to St Mary's Catholic Primary School June 2023 mental health and wellbeing newsletter !

## HEADSTART KERNOW



As many of you know St Marys is very lucky to have Jenine a Mental Health Practitioner. Jenine is part of the NHS Mental Health Support Team and visits our school weekly.

The Mental Health Support Team now have their own web page for parents and carers which can be accessed via this link:

<https://www.headstartkernow.org.uk/parents--carers/mental-health-support-team-info-for-parentcarers/>

The webpage details the support the team can give and how this can be accessed.

If you feel your child would benefit from sessions with Jenine then please get in contact with Mrs Cox.

## YOUNG MINDS

fighting for young people's mental health

Youngs Minds is a fab website for packed full of support and advice on children and young people's mental health.

<https://www.youngminds.org.uk/>

They also have a great Facebook page and regularly share information and advice.

Here are their tips for any parent or carer who is worried about their child, or their own parenting skills:

1/ Make sure they know you love them and are proud of them. Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well, and encourage them to try new things.

2/ Be honest about your feelings - you don't have to be perfect. We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened, They will learn from you that it's okay to make mistakes and that it doesn't make you a bad person.

3/ Be clear about what is and isn't acceptable - and tell them why. Children need to know what is okay and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.

4/ Own your own role - you are the parent, so don't be afraid to take tough decisions. If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.

### FREE support sessions for all parents and carers.

Run by the Education Mental Health Practitioners, including Jenine who works with our school.



## SPACE

Supporting parents and children emotionally

SPACE is a new free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own.

This 5 session face-to-face programme will cover:

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the fight/flight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

Where: Chestnuts, Bodmin Family Hub  
Who: 1 parent per family allocation.  
First come first serve sign up.

When: Tues 8th, Thurs, 17th, Tues 22nd,  
Thurs, 24th, Weds 30th August  
Times: 10-12 or 2-4pm

To register your interest or find out more, please email

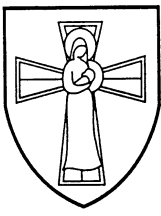
Name: \_\_\_\_\_

Email: \_\_\_\_\_



Message Mrs Cox to book a place





# Support for Mental Health And Wellbeing links



## CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<http://www.cornwallft.nhs.uk/services/childrens-services/camhs/>

## Cornwall Mind

Cornwall Mind is based in Bodmin and provides support and advice for those experiencing mental health difficulties.

Cornwall Mind  
2A Hamley Court  
Dennison Road  
Bodmin  
PL31 2 LL



01208 892 855

[www.cornwallmind.org](http://www.cornwallmind.org)

Download this image onto your phone for **when you might need help**

**Samaritans:** Emotional support to anyone in distress, struggling to cope, or at risk of suicide.

**116 123**

**Shout:** Text service, free on all major networks, for anyone in crisis anytime, anywhere.

- If you're over 18, text the word **SHOUT**
- Under 18s, text **YM**

**Text: 85258**

**Cornwall's 24/7 NHS mental health support**

Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help.

**0800 038 5300**

If you, or someone else, is in immediate danger call **999**

[www.cornwall.gov.uk/mentalhealth](http://www.cornwall.gov.uk/mentalhealth)

## Cornwall Partnership NHS Foundation Trust

Cornwall Partnership NHS Foundation Trust provides a range of mental health and physical health services across Cornwall and the Isles of Scilly.  
email:<http://www.cornwallft.nhs.uk/>

Free to call

**24/7**

**It's okay not to be okay**

If you need help with your own or someone else's mental health, call us for help and support.

**Call 0800 038 5300**

[cornwallft.nhs.uk/mental-health-crisis-cornwall](http://cornwallft.nhs.uk/mental-health-crisis-cornwall)

### Daytime Mental Health Services

Integrated Cornwall Community Mental Health Teams (ICMHTs) are available Monday to Friday from 8.45am – 5.15pm for advice and signposting. A referral to these teams can be made by: Tel: 0845 207 7711 (calls cost 2p plus your phone company's access charge) or e-mail [cft.westreferralteam@nhs.net](mailto:cft.westreferralteam@nhs.net) Out-of-Hours Mental Health Act Assessments

The **Home Treatment Team** are the team who will consider if out of hours mental health assessments are indicated. The Home Treatment Team also provides care and support to people on their caseload. Call: 0845 230 39001 or 0845 230 3902. Calls to these numbers cost 7p per minute plus your phone company's access charge.

### Out-of-Hours GP Service

Use the normal telephone number for the person's GP practice. This will either re-direct you automatically to the out-of-hours GP service or give you another number to call. The out-of-hours GP service operates from 6.30pm to 8.00am, Monday to Friday and 24 hours a day at weekends and Bank Holidays.

### Outlook:) SOUTH WEST

Psychological therapy services for people aged 16 and above in Cornwall and the Isles of Scilly. If you are registered with a GP practice in Cornwall, you can access the NHS-funded therapies for mild-to-moderate anxiety and depression. outlook:) SOUTH WEST can help with difficulties such as: stress, low mood, worry, anger, panic attacks, obsessive compulsive disorder (OCD), phobias, post-traumatic stress disorder (PTSD).

Telephone: 01208 871414

E-mail: [enq@outlooksw.co.uk](mailto:enq@outlooksw.co.uk)

<http://www.outlooksw.co.uk/>

### Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544

<http://www.youngminds.org.uk/>

### ChildLine

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.

Helpline: 0800 1111

<https://www.childline.org.uk/>

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111