



# Mental Health and Wellbeing Newsletter October 2023



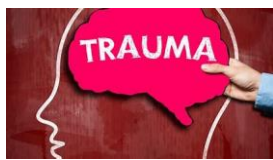
Welcome to St Mary's Catholic Primary School October 2023 mental health and wellbeing newsletter !

## What do we do to support wellbeing and mental health at St Marys?

Mental health and wellbeing is very important to us at St Mary's and we have a number of things in place to support our children, families and staff with this.

Here are some examples of what we can do

Trauma informed school:



What is Trauma ?

Trauma refers to the profound physiological and psychological response our bodies undergo when confronted with highly stressful or distressing events. Such experiences have the potential to overwhelm our coping mechanisms, leaving us struggling to navigate various aspects of life. Emotional and psychological trauma can leave individuals feeling powerless, hinder their ability to process emotions, and disrupt their sense of security and self.

A trauma informed school (TIS) is one that is able to support children and teenagers who suffer with trauma or mental health problems and whose troubled behaviour acts as a barrier to learning.

**All St Marys staff have had training in TIS and how to support children and we have 3 staff who have completed a 10 day level 5 diploma and are qualified TIS Practitioners – these staff are Mrs McDonald, Mrs Cox and Mrs Toy**

Mrs Cox works with a number of children directly who have experienced trauma to support their mental health and wellbeing. Mrs Toy is able to additionally support with our early years and year 1 children. Mrs McDonald also works with children that need some extra support.

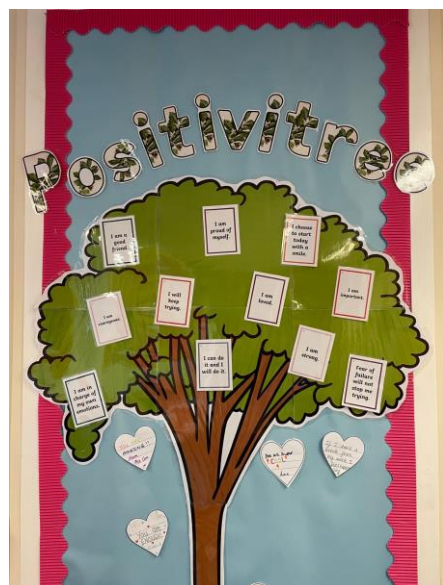
Daily check in in each class using the Zones of Regulation – this allows the class team to notice any children that may need some extra support that day.



Dedicated spaces to support children - Wellbeing room, sensory room and intervention room



Wellbeing team champions made of 2 children from years 2-6 – the team meets with Mrs Cox half termly to talk about ways to promote mental health and wellbeing within the school. Our last idea was to highlight positivity through a Positivitree !!!





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We are lucky to have Jenine a Education Mental Health Practitioner who supports our school weekly. Jenine works directly with children on a one to one basis, with small groups and whole classes as well as advising staff on how to support mental health and wellbeing.

If you feel your child would benefit from time with Jenine then please let us know.

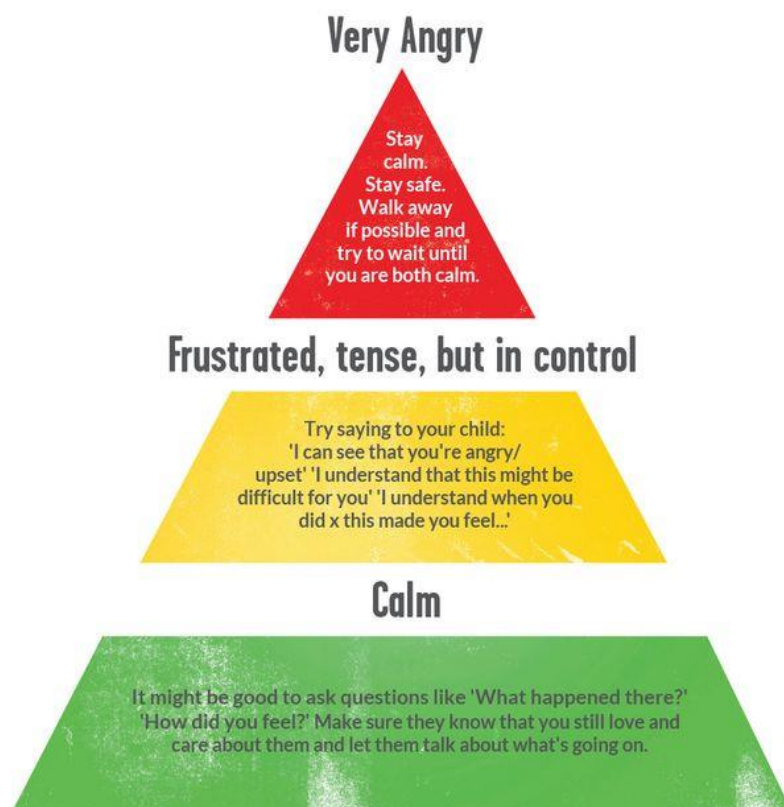
Jenine also works with parents and carers and will be offering different sessions that parents and carers can attend so that they can gain advice and support. Look out for these on DoJo and in future newsletters !

St Marys have an open door policy for parents and carers to come into school and talk about mental health and wellbeing, in fact anything that might be causing you concern.

You can talk to Mrs Cox, Mrs McDonald, Mrs Langton (SENDSCO) or any staff member you feel comfortable talking too. Mrs Cox has completed the Senior Mental Health Lead training and is also a Youth Mental Health First Aider and is able to advise staff so that they can help you.

We may not have all the answers but we do promise to do our best to help.

Sometimes it's hard to know when to communicate with your child when they are very emotional or angry. We hope this graphic helps.





# 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/>

### 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.

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)

### 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