



Mental Health and Wellbeing Newsletter February 2024



Welcome to St Mary's Catholic Primary School February 2024 mental health and wellbeing newsletter !



My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

As parents and carers, you play an important role in your child's mental health.

This year, we want to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. Our aim is for Children's Mental Health Week, we want all children and young people to be able to say – and believe - "My Voice Matters."

There are lots of resources for parents and carers on their website

<https://www.childrensmentalhealthweek.org.uk/families/>

Self-Care & Mental Health

for Kids

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Focus on articulating feelings. "I am angry." "I am sad."
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Recognize toxic stress events.
- Cultivate interests and hobbies.
- Blessing Manifesting

If your child finds it difficult to open up to you, here are some things you could say that might help:

- 1/ You can talk to me, I'm here for you.
- 2/ If you need to talk to someone else, that's okay too.
- 3/ If you talk to me about what is worrying you, I can do my best to help.
- 4/ Even if I don't understand, know that I want to.
- 5/ We're going to get through this together.

You could also see whether other forms of communication like writing a letter or texting would make it easier for your child to let you know what's going on.

Remember that you know your child. You can tell when it isn't the right time or they aren't in the mood to talk.

YOUNG MINDS

We know that being a parent or carer isn't always easy. Although it's often amazing and rewarding to watch your children or young people grow up, it can also be really hard work. Things might feel especially difficult if your child or young person is struggling with their mental health at the moment. Or if their mood and behaviour seem different, and you're not sure why or what you can do to help. But you are not alone.

Young Minds have several ways parents and carers can make contact with them for help and advice. Follow the link below for all the options:

<https://www.youngminds.org.uk/parent/parents-helpline/>





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

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

<p>Samaritans: Emotional support to anyone in distress, struggling to cope, or at risk of suicide.</p> <p>116 123</p> <p>Shout: Text service, free on all major networks, for anyone in crisis anytime, anywhere.</p> <ul style="list-style-type: none"> • If you're over 18, text the word SHOUT • Under 18s, text YM <p>Text: 85258</p>	<p>Cornwall's 24/7 NHS mental health support</p> <p>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.</p> <p>0800 038 5300</p> <p>If you, or someone else, is in immediate danger call 999</p> <p>Call now</p> <p>www.cornwall.gov.uk/mentalhealth</p>
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24/7 NHS Mental health response line

For support and advice. Call 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 response line will listen to you and determine how best to help. t: 0800 038 5300 (free) 24 hours a day

Samaritans

Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. t: 116 123 24 hours a day e: jo@samaritans.org

NHS Cornwall and Isles of Scilly Talking Therapies

NHS talking therapies (previously Outlook South West) for people with anxiety and depression – call 01208 871905 for people aged 16+ years.

Suicide Liaison Service

A service delivered by Cornwall Partnership NHS Foundation Trust to provide support to adults over 18 years old who are bereaved by suicide - www.cornwallft.nhs.uk/suicide-liaison-service

Man Down

Supporting men's mental health in Cornwall - www.mandown-cornwall.co.uk

'We are with you'

For support with alcohol, drugs or mental health call 01872 263001 or visit <https://www.wearewithyou.org.uk/services/cornwall-truro/>.

Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text: 85258

Safer Futures

Call 0300 777 4777 or visit <https://saferfutures.org.uk/> if you or someone else is affected by domestic abuse, sexual violence and those demonstrating abusive behaviours.

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 | 0800 1111