

Mental Health and Wellbeing Newsletter February 2023



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

Cost of Living:

At this time we are all facing challenges as the cost of living continues to increase. This can have a dramatic impact on our mental health and wellbeing.

If you are finding things difficult there is help available.



Cornwall Council has put together a cost of living support page which has help and advice. This can be found at www.cornwall.gov.uk/costofliving

I also have a resource sheet from Inclusion Cornwall that I can send you. This is a comprehensive list of support available to help with the cost of living. Just send me a DoJo message and I will print one out for you.

We all worry about our children and this is completely natural. When our children are sad or worried we want to cheer them up as quickly as possible.

It is important to validate their feelings and to try not to say "It doesn't matter," or, "You'll soon get over it". This can give them the impression their feelings don't matter, or are something to feel ashamed about.

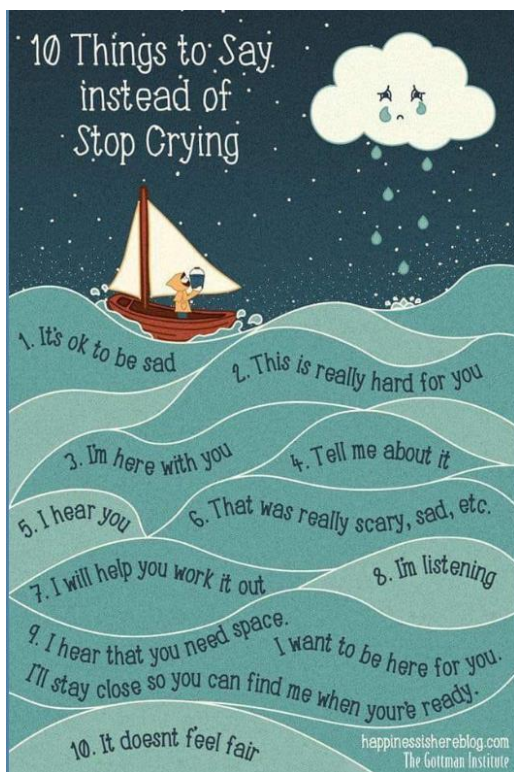
Here are 3 simple strategies to help parents and carers support their child when they feel sad. We use these within school too.

1) Talk about the positives in their day. You could say, "Tell me three nice things that happened today." You're not trying to ignore or suppress problems, but reframe the conversation to emphasise the positives.

2) Avoid getting angry with them. This tells them that feeling sad is bad and something to be ashamed about.

3) Be patient. It's hard when you want to change things, but you can't force them to suddenly "be happy" or "get over it." Show them you're there for them for as long as it takes.

If you notice your child is experiencing long period of sadness or low mood then please do get in contact with school and we will be able to help. Your GP is also able to support if needed.



Children's Mental Health Week will take place from 6-12 February 2023. This year's theme is Let's Connect.



Let's Connect is about making meaningful connections.. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

As parents and carers, you play an important role in your child's mental health. Check out our official free resources for families below.

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

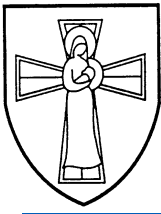
Emotionally Based School Avoidance – EBSA

Children and young people miss school for a variety of reasons. EBSA is a pattern of absence whereby reluctance, or refusal to attend or stay in school has its base in anxiety of fear.

Risk factors vary and it is important to understand the reasons for poor/non attendance.

If your child is anxious or worried about school and is starting to say they do not want to attend then please get in touch and we can put together a support plan. Please make contact with either the class teacher or myself.





Support for Mental Health And Wellbeing links




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

NHS Cornwall Partnership NHS Foundation Trust

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



Samaritans: 24h

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

116 123

Shout: 24h

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 24h

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

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 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 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

<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 | 0800 1111