

Mental Health and Wellbeing Newsletter January 2023



Welcome to St Mary's Catholic Primary School first wellbeing newsletter for 2023 !

January is a challenging month for many of us, and as we get back to normal after the festive rush, it's ok to feel a little out of sorts.

If you not sure where to start then here are the 5 steps to wellbeing to give you some ideas !



Give

Giving can be a great way to look after your wellbeing. People who show a greater interest in helping others are more likely to rate themselves as happy. Allow yourself time to recognise how your goal gives something back to your community.

For example:

- volunteering your time
- supporting your community
- doing something nice for a friend
- thanking someone

Connect

Building and maintaining positive relationships with people can be an important part of wellbeing. Spending time speaking to positive and supportive people can help you have a better self-image, be more confident and feel able to face difficult times.

For example:

- telephoning a friend or relative to see how they are
- asking how someone is and really listening when they tell you
- arranging to speak with a colleague or friend

Keep learning

Setting challenges and learning new things can improve your confidence and add fun to your day. You could rediscover an old hobby, sign up to a course or try learning a new skill, such as playing a musical instrument.

For example:

- finding something out about a colleague or a friend
- doing a crossword or Sudoku
- researching something you're interested in
- learning a new word

Be active

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Pick something you enjoy so you're more likely to stick with it.

For example:

- going for a walk during your day
- following a workout video
- doing some 'easy exercise', like stretching, in the morning and before you go to bed

Take notice

Take time during your day to be more aware of your surroundings and notice the present moment. Whether it's pausing for a tea break or talking to a friend, be aware of the world around you and reflect on what you're feeling.

It can help you appreciate what's going on around you.

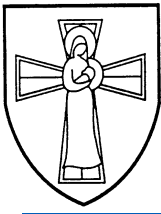
For example:

- taking notice of sights and sounds outdoors
- switching off technology, such as your mobile phone
- taking notice of how your friends or family are feeling or acting



If you're finding things more difficult than usual and are struggling with your mental health, there's support available. Please do get in touch and we will do our best to help.





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