

Mental Health and Wellbeing Newsletter March 2023



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

Children and Young People's Survey

Our year 4,5 and 6 pupils have just completed a children and young people's survey in conjunction with Cornwall Council. Hundreds of school throughout Cornwall have taken part.

The survey has given the children a chance to say how they feel about school and life in Cornwall. The pupils all enthusiastically took part and really embraced the survey and its aim.

We will share the results with you once we have them and we will be using these results to help develop our school's mental health and wellbeing plans.

International Day of Happiness

Here are three simple steps you can use anytime and anywhere to give yourself a boost and build your compassion for others.

By tuning in to your feelings, looking for what's good and sharing kindness you can nurture yourself and help make things better day by day.

Please give it a try and, if you find it helpful, share it with others too.

STEP 1: BE MINDFUL

Relax your breathing and notice:

How am I feeling right now?



STEP 2: BE GRATEFUL

Look around you and ask yourself:

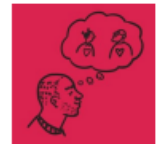
What am I thankful for?



STEP 3: BE KIND

With warm feelings, ask yourself:

Who do I want to send love to?



There are lots of big and worrying issues in our world right now. **We can't always change what is happening, but we can choose how we respond.**

Mindful • Grateful • Kind

20th March 2023

YOUNGMINDS

fighting for young people's mental health

Young Mind is a fantastic website packed full of help and advice on supporting your child with their mental health and wellbeing.

It is also important to look after yourself – parenting is not an easy job. Young Minds has put together a parents guide for looking after yourself

<https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/>

You can also call their Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

You can call the Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm.

Cost of Living:

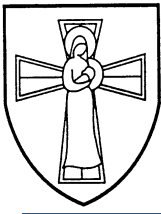
At this time we are all facing challenges as the cost of living continues to increase. This can have a dramatic impact on our mental health and wellbeing. If you are finding things difficult there is help available.



Mrs Cox can issue food bank vouchers and we can also access help from the local church community. If you need support please get in touch.

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





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