

Mental Health and Wellbeing Newsletter April 2023



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

St Mary's Wellbeing Team



At St Mary's we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices. It is important to all of us, at every stage of our lives from childhood through to adulthood.

St Mary's wellbeing team is made up of 2 children from years 2-6 and along with their teachers and Mrs Cox they support their classmates with wellbeing. The wellbeing team will be meeting this half term to look at ways we can improve wellbeing throughout the school.

10 Proven Strategies for Helping an Anxious Child

<p>1. QUIET HUGS</p> <p>Help your child feel safe by reassuring them that you are there and willing to help. Words can sometimes exacerbate anxiety, so sitting quietly with lots of hug and empathizing can often work better.</p>	<p>2. SEE YOUR CALM PLACE</p> <p>Remember a time you were happy, calm and peaceful. See it in your mind with as much detail as possible. Always use the same calm place to enhance the effect.</p>
<p>3. 5X5 GROUNDING</p> <p>See 5 things, hear 4 things, touch 3 things, smell 2 things and taste 1 thing.</p>	<p>4. DRAW YOUR ANXIETY</p> <p>Draw a picture of what you are worried about.</p>
<p>5. BLOW BUBBLES</p> <p>Research has shown the 10 deep breaths resets the automatic nervous system and helps to calm the amygdala. Blowing bubbles is a great way to get a child to blow deep breaths. Party blowers or straw and balled up paper offer other ways to do the same.</p>	<p>6. PET A FURRY FRIEND</p> <p>Research has shown that petting an animal reduces the heart rate and calms the body. Sitting for 10 or 15 minutes petting a furry friend is a wonderful way to relieve anxiety and bring some smiles to a child.</p>
<p>7. JUMPING JACKS</p> <p>Anxiety often causes shallow breathing. Having the child do an exercise forces deep breaths that can reset the anxious feelings.</p>	<p>8. REMEMBER PAST SUCCESS</p> <p>Remind the child to think about the last time they overcame their anxiety. Remind them that they can do this, even though it can be hard.</p>
<p>9. PROBLEM SOLVE THE FEAR</p> <p>Help the child talk through what solutions could be used if their fear were to come to fruition. Knowing they can handle the worst can help calm the fear.</p>	<p>10. DESTROY THE WORRY</p> <p>Have the child write their anxiety on a piece of paper and then tear it up and throw it away.</p>



Cornwall Mind (formerly Carrick and Restormel Mind) provides a range of wellbeing services and projects for people who experience mental health problems. Cornwall Mind was formed in 2019 but both Carrick and Restormel Mind have been supporting local people for over 26 years. With over one in four people experiencing a mental health problem in Cornwall, the need for good quality mental health support, advice and information is vital.

Their website is packed full of advice and support. They also run many projects that can support mental health and wellbeing.

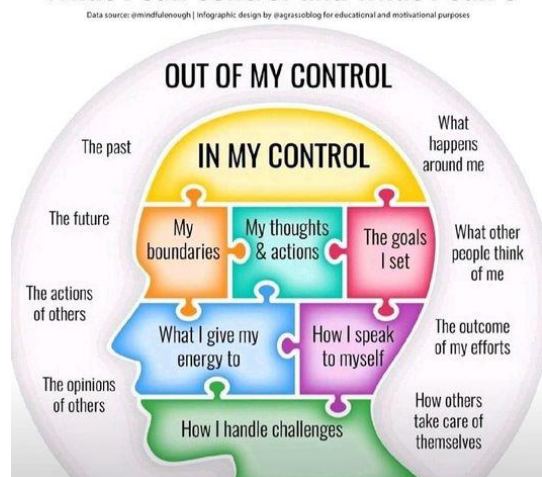
The referral form is on their website and you can self-refer or we can refer on your behalf.

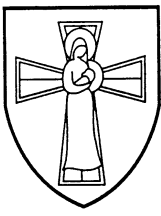
Cornwall Mind is Bodmin based.
<https://cornwallmind.org/about-us/>

Circle of Control

The circle of control is a concept that refers to the things in your life that you have the power to change or influence. It is a way of thinking about your life and responsibilities that helps you to focus on what's within your control and let go of things you can't control.

What I can control and what I can't





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**

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

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.

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

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