



# Mental Health and Wellbeing Newsletter April 2024



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



April marks Stress Awareness Month the theme of which this year is Little By Little, A Little Becomes A Lot

The theme #LittleByLittle highlights the transformative impact of consistent, small positive actions on over-all wellbeing. For Stress Awareness Month 2024 we want to emphasise how even the smallest steps taken each day towards self-care and stress reduction can yield significant improvements in mental health over time.

We encourage you to focus on making manageable adjustments to your daily routine. While the impact of small actions on their own may seem little, the cumulative effects of these habits can end up being profound!

We all feel stressed sometimes. Many aspects of life can cause stress.

You may feel stressed if you:

- Are facing major changes in your life
- Worried about something
- Partially or completely lost control over the outcome of a situation
- Overwhelmed by your responsibilities
- Lacking work, activities or change in your life
- Facing discrimination or hate, or being abused
- Facing uncertain times

Sometimes it's lots of little things that just pile up on top of us and feel overwhelming. We can even feel stressed by happy events such as having a baby or getting married. And sometimes we don't really know why we feel so stressed.

### What is stress?

Stress is how we react when we feel under pressure or threatened. It usually happens when we're in a situation that we don't feel we can manage or control.

### Why does it matter?

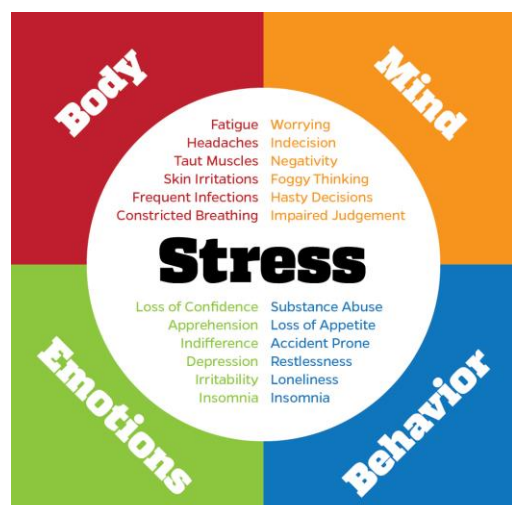
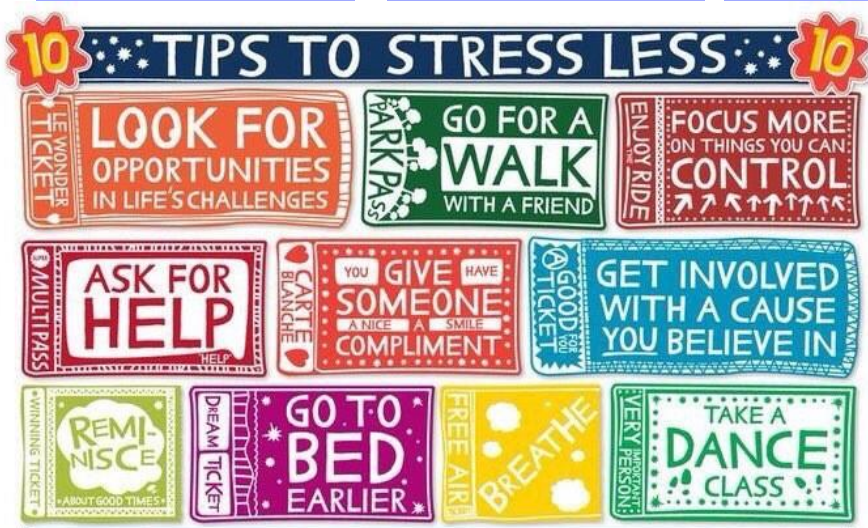
Sometimes, a small amount of stress can help us to complete tasks and feel more energised. But stress can become a problem when it lasts for a long time or is very intense. In some cases, stress can affect our physical and mental health.

### What can help?

Being prepared for periods of stress can make it easier to get through them. And knowing how to manage our wellbeing can help us recover after a stressful event. Some of us may refer to our ability to manage stress as our resilience.

### And that looks like?

It might be a stress diary.  
Listening to a podcast.  
Doing some breathwork.  
Talking to someone you trust.  
Identifying your stressors.





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## OUT OF MY CONTROL



Sometimes children and young people blame themselves for pressures they are feeling, rather than seeing that they are caused by external forces. If your child is putting a lot of pressure on themselves, try talking to them about focussing on things they can control

## Spring Self-Care



Spring is here – although the weather seems to disagree at the moment!

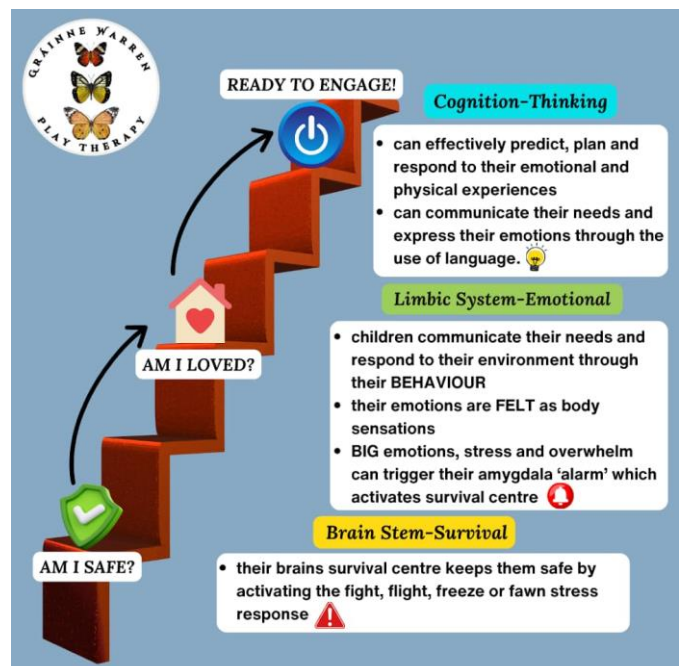
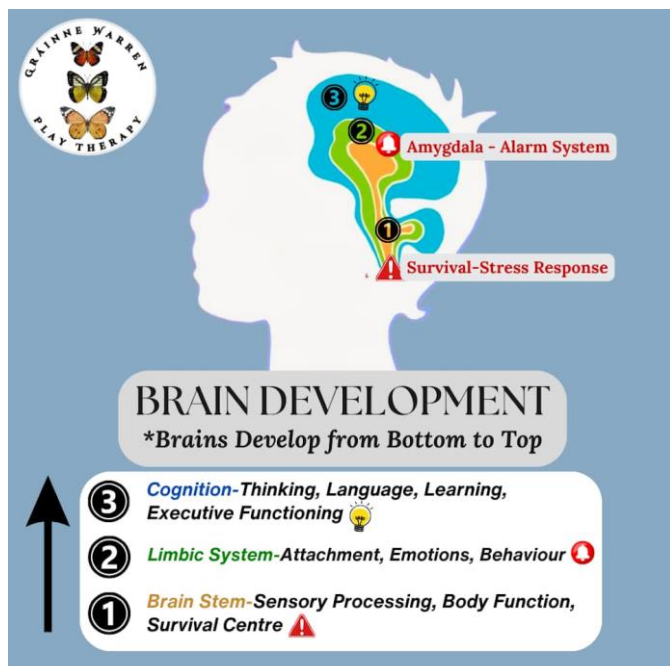
## Brain Development

Did you know that a brain develops from the bottom to the top? 🧠

The brain is not fully developed until one's mid 20's, and children mostly function from the downstairs part of their brain. 🧠

This means that children need to feel physically and emotionally safe before they can fully access the thinking part of their brain! 💖

This is the biological reason why trying to talk to a child when they are stressed is not effective. 🗣️





# 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](http://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. **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](http://www.cornwall.gov.uk/mentalhealth)

## 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](mailto: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](http://www.cornwallft.nhs.uk/suicide-liaison-service)

### Man Down

Supporting men's mental health in Cornwall - [www.mandown-cornwall.co.uk](http://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](http://childline.org.uk) | 0800 1111