



Mental Health and Wellbeing Newsletter November 2023



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

november SELF-CARE

@POSITIVELYPRESENT



November is the month that hosts anti-bullying week. Bullying can have a lasting impact on a person's wellbeing and mental health.

YOUNGMINDS

Young Minds has shared the following advice about how to encourage your child to open up and talk if they are being bullied or experiencing unkind behaviour.

- 1/ Open up a conversation with them about it. It might help to explain what bullying is and how it can make people feel, which can normalise what they're going through and make it easier for them to open up.
- 2/ Listen to what it's like for them and offer emotional support, reassuring them that you love them and will work together to make things better. They may feel scared or embarrassed about what's going on, so they will need you to be calm and to listen carefully.
- 3/ If they're not ready to open up to you about what's going on, let them know that they can also talk to teachers, other family members or friends. Try again another day and let them know they can talk to you whenever they are ready.
- 4/ Keep a detailed log of what happens and when, so that you have evidence of the bullying - this can be a written list, photographs or screenshots of online messages. Encourage your child to share any evidence with you as soon as possible.
- 5/ Use the time you have with your child to help build their resilience and self-esteem. For example, you might try regularly doing activities that you know they enjoy together, which can give your child a sense of achievement and belonging. This could be things like exercising or playing sport, cooking and baking, or colouring, drawing or painting. Try to notice and affirm their efforts in these activities.
- 6/ Encourage them to spend time with peers who treat them well. Help them to think about who these people are, and support them to arrange times to hang out or do activities with them.
- 7/ Take action to stop the bullying. Providing emotional support is really important, but your child can only start to recover from what's happened when the bullying has stopped and they feel safe again.



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Relationships of all descriptions can be a source of great happiness but sometimes they can bring stress and unsettledness which will impact our wellbeing.



Cornwall Council in conjunction with Support in Cornwall have launched a series of free courses to help support healthy relationships.

There are now FREE COURSES available to parents in Cornwall to help support healthy relationships.

No matter where you are in your parenting journey, you can learn to manage stress and communicate more effectively.

The workshops are delivered over 3 weeks, one 2-hour session per week. This workshop is facilitated by trained professionals and they will give you the opportunity to meet other parents who may be going through similar experiences.

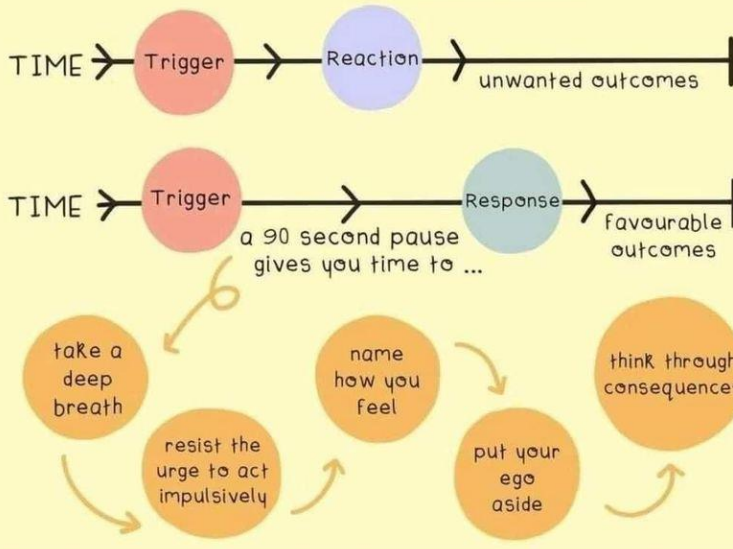
Whether you are parenting together or separately, one of the best things you can do for your child is to improve the relationship between parents.

https://www.supportincornwall.org.uk/kb5/cornwall/directory/service.page?id=gslqKfoW3kk&fbclid=IwAR3ANDxdcuMLAgfdpqIXzDAYN2NjbKg4JVko_WUeSNcst4Z86bAZVXYLgY

A 90 second pause is the difference between a reaction and a response



@doodledwellness



St Marys have an open door policy for parents and carers to come into school and talk about mental health and wellbeing, in fact anything that might be causing you concern.

You can talk to Mrs Cox, Mrs McDonald, Mrs Langton (SENDCO) or any staff member you feel comfortable talking too. Mrs Cox has completed the Senior Mental Health Lead training and is also a Youth Mental Health First Aider and is able to advise staff so that they can help you.

We may not have all the answers but we do promise to do our best to help.



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