

Mental Health and Wellbeing Newsletter December 2022



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



It's Good to Talk

Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time.

If they don't want to talk, reassure them that they can talk to you at any time. You could say things like:

1. You can talk to me, I'm here for you.
2. If you need to talk to someone else, that's okay too.
3. If you talk to me about what is worrying you, I can do my best to help.
4. Even if I don't understand, know that I want to.
5. We're going to get through this together.

Christmas and Mental Health

The festive season can be a time of great joy and spending time with loved ones but it can also be a time of worry and stress. During this time it is important to try and look after our mental health and wellbeing.

Talk about your feelings

It's hard to admit that at such an exciting time of year you don't actually feel that great. But talking about your feelings can improve your mood and make it easier to deal with the tough times.

Do something you are good at

What do you love doing? What activities can you lose yourself in? Enjoying yourself helps beat stress.

Ask for help

Donning a Christmas jumper can make us feel pretty special, but none of us are superhuman. At times, we all get overwhelmed by how we feel, especially when things go wrong. If things are getting too much for you in the next few weeks and you feel like you can't cope, ask for help. [Samaritans](#) are available to speak to all year round - their free helpline number is **116 123** and calls to this number do not appear on phone bills.

Keep in touch

When putting the finishing touches on holiday plans, we can often become distracted from the support systems around us and lose our footing. Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head, keep you grounded and help you solve practical problems - enjoy this time to catch up.

Accept who you are

Some of us make people laugh, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. If you have mental health problems, don't feel under pressure to do more than you feel up to this Christmas.

Further support and help can be found at

<https://www.mentalhealth.org.uk/explore-mental-health/blogs/tips-looking-after-your-mental-health-christmas>

YOUNG MINDS
fighting for young people's mental health

Young Minds is a website packed full of support and help

<https://www.youngminds.org.uk/>

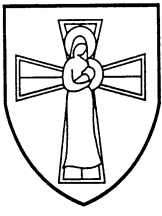
YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

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



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/>

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