



MENTAL HEALTH SUPPORT TEAM

Parent Newsletter

**PARENT
EDITION 1
SPRING
2023**

"Spring is a time to find out where you are, who you are, and move toward where you are going." -Penelope Trunk

As we enter the season of spring the MHST wanted to share with you what we have been doing and highlight what is to come during the spring term.



Children's Mental Health Week 2023

This years theme was Let's Connect!



Connection to others can support our mental health and wellbeing. Without healthy connections we can feel isolated & lonely, and begin to feel low.

During children's mental health week, the MHST enjoyed exploring the subject of connection with your young people.

Here are a few photos of what we got up to...



Magnus Academy

Magnus Academy got very creative during mental health week. Tutor groups were given 2 contrasting emotions to use as a theme for a door decorating competition. The results were amazing! Here's Yr 8's winning door:



Notts Alone Event

The MHST ran a stall & facilitated workshops at the Notts Alone's first live event. It was a great event with many children and young people's agencies coming together.

Notts alone can direct you to trusted mental health information, advice & services within Nottingham.



Please click on the icons to gain further information



NottAlone



Parent Corner

Spotlight on Exam Stress



It is really common for your young person to feel stressed at the prospect of exams! To ensure they do not become overwhelmed they should create a **balance** between exam **revision** and **looking after themselves**.

To create balance they could make time for the things they enjoy, spend time with their friends & family, get enough sleep and eat a healthy balanced diet.

To relax and de-stress they could try: **progressive muscle relaxation** or **meditation**.

Please click on the images to access guided videos.



You can also gain further information and top tips here





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Self-harm support...

Self-harm is a coping strategy that individuals use to manage their emotional hurt/stress. Self-harm provides the individual with respite from their distress and can provide a level of control over their emotions.

If your young person is self-harming and you would like support Harmless is a self-harm service that offers long & short-term therapy.



For further information & support please click on the image

01158800280



Info@hamless.org.uk

Care for a cuppa



Is for anyone over the age of 18 who is a direct carer of a young person with an open referral with the MHST.

The group is ran via Microsoft Teams and is 1 hour of 'protected time' for you to share your experiences, listen to, & support each other.

If you are interested in joining this inclusive and welcoming group, please email camhsmhsttrailblazer1@nottshc.nhs.uk with the subject line "Care for a Cuppa Expression of Interest" with your name, your child's name, child's DOB and school and ask to be included within the next group.

Calendar dates Spring 2023:

Click on icons for further information

April is Stress Awareness month.



Sunday 21st May World Day for Cultural Diversity

June is Pride Month



Referral Information

If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...



Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: **CAMHS - Mental Health Support Teams**

Find Notts Healthcare Mental Health Services online...



bit.ly/37qtfoZ



bit.ly/37xsn1P

Useful Contact Details

ChildLine: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0115 844 0560
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies