

# The Mental Health Support

## Team Newsletter

September 2021

### Welcome to our monthly newsletter!

The aim of this newsletter is to provide a range of resources for students, parents and careers to support wellbeing during these uncertain times. A lot of the activities and ideas we suggest are based around the [5 Ways to Wellbeing](#).

The Mental Health Support Team is an early intervention service, providing 1:1 and group support to children and young people across Oxford. Referrals can be made by teachers, professionals, parents/carers and young people themselves by using the following link:

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



### Podcasts & Videos

We produce videos and podcasts covering a variety of topics related to mental health and wellbeing.



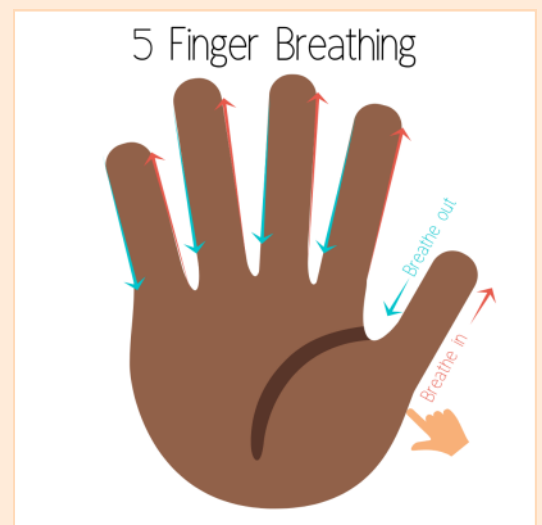
PODCAST: Click [here](#) to listen to our latest episodes, exploring the transition to secondary school and coping strategies during stress awareness month.



VIDEOS: Click [here](#) to watch our latest videos covering worry management, coping strategies and self care ideas.

**September** is here again, as children and young people return to school after a tough year of lockdowns and changing restrictions. As a result, children and young people may be feeling anxious or nervous about returning to school and the uncertainty of COVID. Although these feelings are completely normal, there are some useful things we can do manage these worries.

- Try to talk to them frequently about school. By discussing fun memories they've had with teachers and friends you might ignite happy memories and help them feel more excited for school.
- Get enough sleep and stick to a routine, click [here](#) to find out more.
- Ask them to write down their worries or create a [worry box](#) and dedicate time to go through these worries.
- Encourage your child to reach out to friends and family.
- You could do some grounding exercises with your child such as finger breathing.
- Use apps to practise mindfulness such as Headspace, Calm and YouTube Videos).



Young Minds offers a great article for young people about coping with the easing of lockdown restrictions, click [here](#) to find out more.

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## Events this Month

Click on each image for more information



7<sup>th</sup> September:  
Youth Mental Health  
Day



10<sup>th</sup> September:  
World Suicide  
Prevention Day



13<sup>th</sup> – 19<sup>th</sup> September:  
Jeans for Genes Day



13<sup>th</sup> – 19<sup>th</sup> September:  
Male Cancer  
Awareness Week



20<sup>th</sup> – 26<sup>th</sup> September:  
International Week of  
Happiness at Work



21<sup>st</sup> September:  
International Day of  
Peace



22<sup>nd</sup> September:  
National Fitness Day



27<sup>th</sup> September – 1<sup>st</sup> October:  
Bike to School Week

### Positive Self Talk Cards

#### The way we talk to ourselves matters!

Self-talk is our inner voice that provides a running monologue on our lives throughout the day. Sometimes the things we say and the thoughts we have about ourselves are negative or critical and not something we'd say to our friends and family. These negative thoughts can cause us to feel low in mood. Practising positive self talk that is kind and supportive is important for our mental health and wellbeing, because it can help reduce stress and boost our confidence and resilience. **You can choose cards that mean something to you and keep it as a reminder of something positive to say to yourself.**

I can stay calm!	Take three breaths	Think happy
I'm not going to let it get to me	Everyone gets teased at times	I can handle this
No-one is perfect. I'll do better next time	With more practice, I'll get it!	My friends still like me even if I make mistakes
I will ignore it	It is not worth getting upset about	I am strong

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## My Happiness Diary

Why not try a positive daily log to help increase positive thoughts and reflect on feelings of excitement and gratitude.

Name: ..... Day.....

Things that made me feel happy today:

Today I felt thankful for:

Tomorrow I am looking forward to:

### Links to Outside Support Services

**Childline:** Under 19s can call **0800 1111** for free, confidential support

**Young Minds:** Young people can text 'YM' to **85258** for 24/7 crisis text support

**SHOUT:** Parents and carers can text 'shout' to **85258** for 24/7 crisis text support

**Emerging Minds:** Provides resources on how best to support children and young people with their worries and anxiety.

**Anna Freud:** Mental health related resources and self-care ideas for children

**CAMHS Oxfordshire:** For information about Oxfordshire services and referrals

In a crisis, call

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