

The Mental Health Support Team

Monthly Newsletter
May 2021

Welcome to our monthly newsletter! Within it you will find resources, signposts and activities that are designed to support mental health and wellbeing. We are still living in tough times so please do reach out for support.

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

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



A lot of the activities and ideas we suggest are based around the **5 Ways to Wellbeing**: <https://bit.ly/wayswellbeing>

Transition

Transition Survey

We are interested in the thoughts, feelings and experiences of current Y6 about the move to secondary school. If you could complete our survey on the link below then this would help our work.

<https://www.surveymonkey.co.uk/r/JQWWX9F>

Worry and Anxiety

If your child often feels worried or anxious, and it's upsetting them or making it difficult for them to do other things, creating a worry box together might help.

How to make a worry box - <https://youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/>



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May Events
Use Ctrl and click to access the website



10th to 16th: Mental Health Awareness week



National Share a Story Month



5th May World Maternal Mental Health Day



May 16th: National Children's Day



May 18th to 22nd: Walk to School Week



May 23rd to 30th: National Children's Gardening week.

5 Ways to Wellbeing

10-16 May 2021

#MentalHealthAwarenessWeek

It is Mental Health awareness week from the 10th to the 16th of May.

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

For young people: Article about coping with the easing of lockdown restrictions -

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/#i-am-anxious-about-the-easing-of-restrictions>

YOUNGMINDS

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Please see the link below to the Young Minds website with hints and tips for supporting children through transition

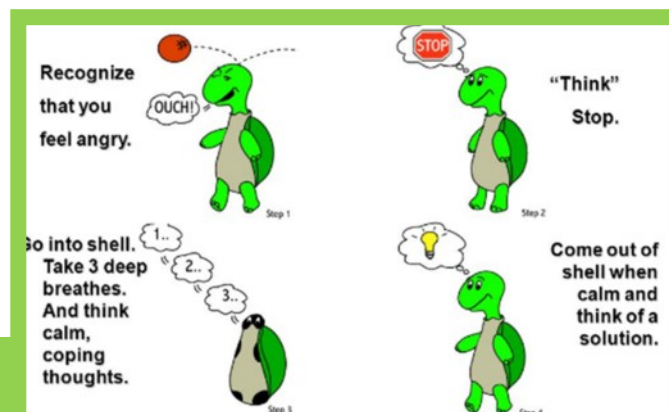
<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-change-and->



Turtle Technique

To help your child manage their emotions and calm down:

- First ask your child to imagine they have a shell like a turtle, and can retreat into it when they have a big feeling.
- Next teach them how to stop their body, take a deep breath, go into their imaginary shell and say to themselves “Stop, I can calm down. I can breath”
- Encourage your child to continue slow breathing, thinking/saying “I can do it, I can calm down. I can control my body. I can control my feelings”
- When they feel calm enough they can come out, make sure to praise them!



Outside Links

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

SHOUT: text 'shout' to **85258** for 24/7 crisis text support

Emerging Minds: <https://bit.ly/EMAnxiety>

Self Care Ideas for Children

Supporting Parents who are Worried About Their Children's Well-being during Lockdown Booklet—Guidance for discussing worries, wellbeing tips and more!

CAMHS Oxfordshire: <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

In a crisis call

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