

# The Mental Health Support Team

Monthly Newsletter

July 2021

Welcome to our monthly newsletter! Below you will find resources and signposts relating to mental health and well-being. Please do get into contact if you need any 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>



## Mental Health Support Team Podcast



We have recently launched a brand new podcast where we discuss a variety of topics related to mental health and well-being.

Recent episodes include: How to start a conversation about mental health and LGBTQ+ History Month!

<https://www.youtube.com/channel/UCf90qsjAXsC8dGflt77NQw>

# Congratulations to all the Year 6

**Congratulations to all the Year 6 children who have completed their primary school education. The school transition from primary to secondary is a significant milestone for children, families and schools which can be an exciting time. Moving into year 7, as with many changes, can bring some uncertainty and we hope the following videos for children and families are interesting and supportive.**

<https://www.youtube.com/watch?v=IPitcRTE4ZE>

<https://www.youtube.com/watch?v=thnoUraeoGs>

**Lastly, we would like to wish you all a happy and safe summer holiday.**

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## 5 Ways to Wellbeing

*Below is a link for 5 Ways to Wellbeing. Two of our Team Members supported Sixth Form Students from Cheney School, who worked with Oxford Brooks University. The video explains the 5 ways to wellbeing and is a really useful resource for teens. It is really worth a look.*

<https://www.response.org.uk/mental-health-support-team-podcasts-videos/>



**ITV have recently launched an online Talk Show about how to talk about Mental Health. The show is presented by Roman Kemp and is part of the Getting Britain Talking Campaign. The Show can be accessed by clicking on the link below.**

<https://www.itv.com/hub/the-how-to-chat-show/10a1381a0001>

## 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

**111**