

MENTAL HEALTH

SUMMER
TERM 2023



SUPPORT TEAM (MHST)

TERMLY NEWSLETTER



FOR
PARENTS,
CARERS +
STUDENTS



Welcome to Alliance MHST's fourth newsletter!

Our newsletters are distributed each term to keep you up to date with what we have been up to and provide you with key information and support from our Mental Health Support Team.

CHILDREN AND YOUNG PEOPLE PARTICIPATION:

Our Alliance MHST has been working incredibly hard with students this year to increase its young people participation work in schools and colleges with your students. The team's approach towards increasing youth voice alongside teaching staff has been exceptional, which has helped many young students with ideas on how to address stress, anxiety, and other mental health challenges to cope better and improve the services we offer. The team's commitment towards achieving their objective has earned them an award called 'Investing in Children'. This award is a testament to the team's dedication and hard work to youth participation work, which has helped them to reach out to more students, understand their challenges and provide them with the support they need to deal with their mental health concerns alongside the fantastic work delivered by teaching staff. We couldn't have done this without the support from your school staff and dedicated leaders and we look forward to continuing this journey alongside your settings in September and beyond!

PARENT/CARER PARTICIPATION:





The MHST has delivered 3 parent/carer information sessions around anxiety in schools in Stockton and Billingham. The feedback from parents and carers was very positive, they stated that they had found it useful to learn tips and strategies of how to support their child. The team have piloted a parent/carer and child 5 weeks to wellbeing course at a school in Stockton and it was wonderful to see the children working with their parent/carer on self-care strategies.



We work closely with the Parent Carer forums in Hartlepool and Stockton and try to frequently attend monthly drop ins in the community to raise the profile of our MHST and signpost parents and carers to our Parent-led offer. Our staff have supported Parent Information sessions with CAMHS on Anxiety and Self Harm. We have also enjoyed attending various Parent/Carer coffee mornings across our MHST schools this year. We continue to work hard to shape our MHST to make it parent/carer and child friendly, if you are a parent/carer and would like to be involved in giving feedback and helping the MHST to grow in the future, please get in touch.

- TIPS FOR SUPPORTING ANXIETY RETURNING BACK TO SCHOOL: TIPS FOR OVERCOMING ANXIETY



1. Write a list of all the aspects of going back to school that you do like/enjoy, so you can look back on it and remind yourself. 
2. Keep yourself active over the summer, plan a few activities outside with friends and limit screen time. 
3. Remember there is always someone who can help you, don't be afraid to talk to a friend or a staff member if you are struggling, you might find talking to someone is really helpful. 
4. Eating a nutritious breakfast eg. Scrambled eggs on toast or yogurt with fruit helps power our brains. If you are feeling a little nervous on the 1st day back choose something small like some toast.
5. Regulate sleep patterns before returning to school, follow some healthy sleep habits eg. Reduce screen time 1-2hr before bed, early bedtime to enable early wake up and have a comfortable sleeping environment. 

QWELL

- Qwell free access for people age 16+ living in the Teesside area, please check www.qwell.io if you live outside of Teesside to see if your postcode is accessible too. Qwell is online support, a space to chat with a health professional and access to self help tools. You can join online peer support, access self help materials or engage in one to one online chat sessions with experienced counsellors. It is anonymous, free and accessible 24/7. As well as having one to one support available there are also many other functions including: Forums, Magazines, Podcasts and messaging. Forums are anonymous and judgement-free, they cover many different topics and aim to provide support, advice and validation. Resources on the site include journalling and goal setting. Goal setting involves setting personal goals where you can mark your progress and see how you are doing. The journalling section allows you to record what's on your mind including your thoughts and feelings. There are lots of different articles and activities to help look after your mental health, including topics on: parenting, bereavement, work, cost of living and many more.



Qwell provides free, safe and anonymous mental wellbeing support for adults across the UK. Visit <https://www.qwell.io/> to talk anonymously to an online professional.

If you feel you are struggling with your own mental health and would like support, Impact on Teesside may be able to help. More information can be found online at <https://www.impactonteesside.com/support/> or you can self-refer by contacting 01642 573924/ admin@impactonteesside.com



If you are having suicidal thoughts or may be at risk of harm, you can contact:

Crisis support line on 0800 0516 171
Samaritans on 116 123



Foodbanks can help provide essentials like food, toiletries, and cleaning supplies.

<https://billinghamstocktonborough.foodbank.org.uk/locations>
<https://hartlepool.foodbank.org.uk/locations/>

PARENT-LED GROUPS

As well as offering one to one work with our dedicated practitioners, we also offer evidence based interventions direct to parents and carers of children aged 5-12yo designed to support children showing signs of anxiety or challenging behaviours. These programmes are designed to provide tools and techniques to you as parents/carers to practice between sessions with your child. If you feel you and your child might benefit from one of these programmes, please speak to the Senior Mental Health Lead in your child's school or you can also access additional support on our website or complete an expression of interest via this QR code. Any interested parents/carers would be placed on the waiting list for our groups with group start dates being planned across the next school year from September in a variety of community venues and remote.



USEFUL LINKS:

<https://www.annafreud.org/schools-and-colleges/self-care-summer/>

<https://www.youngminds.org.uk/parent/>
<https://www.papyrus-uk.org/>

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

www.kooth.com



FAMILY HUBS

Family hub services are available to everyone living in Hartlepool and Stockton. Families can refer themselves by phone, email or Facebook, or you can give a professional consent to call on your behalf by providing contact details and the programme you want to complete. To find out more about the exciting things on offer over the summer holidays, visit:

Facebook (Stockton)

<https://www.facebook.com/SOTfamilyhubs>

Facebook (Hartlepool) [https://en-](https://en-gb.facebook.com/hartlepoolcommunityhubs/)

[gb.facebook.com/hartlepoolcommunityhubs/](https://en-gb.facebook.com/hartlepoolcommunityhubs/)

