



Parent's/Carer's Newsletter



Theme: Self-care

October 2020

Mental Health Support Teams in Schools

Your school has a team ready to support children and adolescents experiencing difficulties with their mental health. We accept referrals from parents, carers and professionals and can offer support with low mood, anxiety, worry, sleep, panic, simple phobias and parent-led work. See our contact details below.

Have your say on mental health support in schools!

The Mental Health Support Teams are keen to consult with parents and carers to gauge their views on support for mental health in schools. We have developed a brief survey. To take part follow the link below:

<https://www.surveymonkey.co.uk/r/LK2JMFW>

How to support your own mental health



Head on over to One You, take the quiz and get personalised results on what you can do to look after yourself <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Need support for your own mental health? Try Qwell and access professional support with a great community at: www.qwell.io

Is your child struggling to regulate their emotions?

You could try creating a calm box, which is a collection of items that can help children self-regulate when their emotions get too much for them. A good old shoebox does the trick or any medium size box. Involving your child and getting them to decorate it can be fun and makes it more personal to them. Choose things relevant to your child's age and development. With the right things even older children can benefit and it doesn't have to cost much - you might already have some of these things. A calm box can include:

- A worry monster or soft toy and fidget toys such as a tangle or a squishy
- A colouring book and a book to read
- A glitter jar or sensory bottle (wash out an empty jam jar, add water and glitter)
- Playdough to squeeze (or make your own angel dough with scented hair conditioner and cornflour)



For older children, try a gratitude journal or a blank book for them to write or draw in.

Changing Lives Service - Mental Health Support Teams

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We offer support for children and young people aged 0 - 17 (18 - 25 SEND/Care leaver):

Low mood / Anxiety / Simple phobias

Panic / Sleep / Worry / Transitions

Managing stress / Parent-led work



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