

Mental Health Newsletter



Issue 1: February 2020



At St. Mary's School, the mental health of both pupils and staff is important to us. We will therefore be championing the importance of mental health within our school. This will include promoting news and advice through a termly mental health newsletter. Mental Health is a growing public health concern, which has been well documented in the media.

There is increasing research which shows that early identification and intervention can improve outcomes for adult mental health issues.

Schools are at the forefront of early help, not only due to the amount of contact time with children, but also due to the fact that early external help has been clawed back due to national budget cuts.

Mrs. Walton has attended 'Trauma Informed School' (T.I.S.) training and this term staff will also receive training in this area which will help us to identify those children that need emotional support. These children will be supported through nurture groups and 1:1 sessions.

During last week's Children's Mental Health week, we focused on the theme, 'Find Your Brave'. The children learnt about how life is all about taking small brave steps every day and bravery could be about sharing worries and asking for help when they need it, trying something new or making the right choices. The children designed their own posters showing how they found their brave and how they can be brave at school and at home. The focus of this week was to help the children find positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after themselves.



#ChildrensMentalHealthWeek

1 in 8

children and young people have a diagnosable mental health problem.



What can you do?

Here are a few simple ways you can encourage your child to 'Find their Brave':

- Remind your child that bravery comes in many forms and everyone is different. What's brave for them might not feel brave to someone else.
- Chat with your child about a time when you've had to Find your Brave. It might have been something big or small.
- Praise your child when they Find their Brave. Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
- Point out examples of bravery in books and films to your child and talk about how trying out different ways of being brave will help them feel good.
- Reassure your child that not feeling brave is OK too and that there are times when it might be more difficult to be brave.



Links to further information, advice and support about Mental Health

CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

Outlook SOUTH WEST

Psychological therapy services for people aged 16 and above in Cornwall and the Isles of Scilly. If you are registered with a GP practice in Cornwall, you can access the NHS-funded therapies for mild-to-moderate anxiety and depression.

Outlook SOUTH WEST can help with difficulties such as: stress, low mood, worry, anger, panic attacks, obsessive compulsive disorder (OCD), phobias, post-traumatic stress disorder (PTSD).

Telephone: 01208 871414

E-mail: enq@outlooksw.co.uk

<http://www.outlooksw.co.uk/>

Cornwall Partnership NHS Foundation Trust

Cornwall Partnership NHS Foundation Trust provides a range of mental health and physical health services across Cornwall and the Isles of Scilly.

email: **<http://www.cornwallft.nhs.uk/>**

Daytime mental health services

Integrated Cornwall Community Mental Health Teams (ICMHTs) are available Monday to Friday from 8.45am – 5.15pm for advice and signposting. A referral to these teams can be made by:

Tel: **0845 207 7711** (calls cost 2p plus your phone company's access charge) or e-mail cft.westreferralteam@nhs.net

Out-of-Hours Mental Health Act Assessments

The Home Treatment Team are the team who will consider if out of hours mental health assessments are indicated. The Home Treatment Team also provides care and support to people on their caseload. Call: 0845 230 39001 or 0845 230 3902. Calls to these numbers cost 7p per minute plus your phone company's access charge.

Mental Health Foundation

<http://www.mentalhealth.org.uk>

Mind

<http://www.mind.org.uk>

Time to change

<https://www.time-to-change.org.uk>

Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544 **<http://www.youngminds.org.uk>**