

The Mental Health Support Team

Monthly Newsletter
January 2021

Welcome to our monthly newsletter! Here we will share with you resources for students, parents and carers to support wellbeing during these uncertain times!

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>



MHST'S New Podcast!

We have recently launched a brand new podcast where we discuss a variety of topics related to mental health and well-being. Follow the link below to listen to episode 1 discussing an introduction to mental health and stigma.



Link: <https://youtu.be/eAUmT7P1-lw>

Spreading kindness during these hard times

With this new lockdown it is important for us to come together and support each other. We could all do with a little more kindness right now.

Think of when someone was unkind to you, how did you feel?

Spread
Kindness

Imagine you were to squeeze all of the toothpaste out of its tube, you cannot put it back in. It is the same when we speak unkind words, once they are said they can't be taken back.

Unkind words can't 'be put back in the tube'



Ways to spread kindness during covid-19

Draw someone a picture, send someone a card, send someone a nice message, make sure to check in with your friends and family, when doing so you can be kind by being a good listener.

Finally, make sure you are kind to yourself!

Staying on top of difficult feelings

It is normal to experience intense feelings especially with how things are at the moment however, these can sometimes begin to affect your daily life. Try to focus on the things you can control, such as kindness towards others, having a positive attitude and limiting the amount of social media and news you are exposed to. If things begin to feel too much you are not alone, talk to someone.

Great tips, advice and guidance on Coronavirus and Mental Health from Young Minds: <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

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How to deal with home schooling for parents

- Make sure you and your children are still in some form of routine. Try waking up the same time as you would for school and setting certain times for them to sit down and do their school work. This way it won't be such a shock when they do go back to school.



- BBC broadcasting lessons on CBBC for primary school students (9am every day for 3 hrs) and BBC Two for secondary school pupils (2 hrs) <https://www.bbc.com/news/amp/entertainment-arts-55552962>
- If you can, try ending the school day with a walk outside. It will benefit both yourself and your child's mental health, is a form of exercise, creates a positive mindset, boosts creativity and can help with sleep.

Useful Resources

- Great activity for coping with change, describes how it's done in a school setting but could easily be adapted to do yourself or with your child/children: <https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/coping-changes/>
- Really useful resources from Young Minds on how you can support your child through this pandemic and also look after yourself: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>
- Starting a conversation with your child (take 20 minutes to do an activity you'll both enjoy – website provides ideas how to start the conversation) <https://youngminds.org.uk/starting-a-conversation-with-your-child/>
- What to do if your child tells you they are struggling <https://youngminds.org.uk/starting-a-conversation-with-your-child/what-to-do-next/>
- Free 12 week course that looks at personal wellbeing during the pandemic <https://www.headucate.me/covid-lifeplan>

Outside Links

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

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

Every Mind Matters: Support and advice on managing and maintaining your mental health. <https://www.nhs.uk/oneyou/>

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

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

In a crisis for mental health support please call 111