

The Mental Health Support Team

Monthly Newsletter
October 2020

Welcome to our monthly newsletter! After the newsletters provided to you during lockdown and the summer, we have decided to continue sharing resources for children and young people, parents and carers to support your well-being 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>

World Mental Health Day – 10th October 2020



- The aims of this day is to raise mental health awareness across the world!
- This year MHST have produced some content on self-esteem.
- Follow the link below to view our video about self-esteem, it's importance and tips on how to boost self-esteem.

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



During these uncertain and changing times Mindfulness can be a way to cope with stress and anxiety. It's about taking time to focus on the present, being thoughtful about where you are, what you're doing and how you're feeling. Learning to recognize your emotions allows you to not become so tangled up in them.

Mindful Exploration of a Pumpkin



- Look at the outside to start. Is it large or small? Smooth or bumpy? Try to use a variety of words! Really take time to fully notice what it looks like!
- Now you've explored the outside, look at the goeey insides!
- Explore the guts. Notice how the insides are constructed. See how the seed are all lined up. You could count the seeds!
- Have a go at scraping out the seeds. How does the pumpkin smell? What does it feel like?
- Get messy! This is a great sensory opportunity!
- You could even roast the pumpkin and toast the seeds to explore how it tastes!



Mindful Autumn walk

- When autumn comes it can be tempting to stay indoors. Research shows that exercise, natural sunlight and connecting to nature all benefit our well-being.
- Try taking a simple walk outside whilst practicing some mindfulness!
- You could start by noticing your breathing. How does the air feel? Does your breath mist up when breathing out?
- Pay attention to all of your senses! Sight may be the most obvious one to start with. Notice how nature is changing. Have the leaves started to fall?
- Your mind may wonder, bring it back to the present moment. Each time you connect to the present moment you are being mindful!

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Support and Advice for Parents and Carers



- The covid problems of the last few months have put all parents and carers under a lot of stress having to deal with protecting our children and young people and keeping them safe.
- Try to recognize and acknowledge when you're feeling low or overwhelmed. Struggling with something or experiencing your own mental health problems does not make you a bad parent or carer.
- Attempt to control self-defeating statements and replace them with more helpful thoughts. Here's a helpful checklist for identifying unhealthy thoughts and coping with them:

<https://aramiliesfirst.com/wp-content/uploads/2013/05/Cognitive-Distortions.pdf>.

YOUNGMINDS

Support Links

- [Young Minds has lots of support for parents](#), including a helpline and guidance around [parenting with a mental illness](#).
- Mind has information and suggestions on how to manage [parenting with a mental health problem](#).
- If you're concerned about a child or young person's mental health, you can get free, confidential advice via phone, email or webchat from the [Young Minds Parents Helpline](#).
- Barnardo's has also set up the [See, Hear, Respond support hub](#) – a dedicated service to help children, young people and their families or carers with problems caused by the coronavirus outbreak.
- You can find more information about [NHS children and young people's mental health services \(CYPMHS\)](#) on the NHS website.
- You can also look at [your local Clinical Commissioning Group](#) website, and most services also have their own website with information about access, referrals (including whether you can "self-refer") and contact details – try searching in your area for "CYPMHS" or "CAMHS".



Further Signposting

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/>

It's a crisis

If it's an emergency, phone 999. This is if your child's life or the life of another child or young person is at immediate risk

Call the Oxfordshire and Buckinghamshire Mental Health Helpline if you need help with a mental health problem. This number replaces 111 for mental health advice in Oxfordshire.

- For children and young people call 01865 904 998