



SUMMER 2020 NEWSLETTER

INTRODUCING THE HEALTHY MINDS SUPPORT TEAMS!

Welcome to our new termly newsletter from our service. We aim for these newsletters to give you further information to help support yourselves in schools and at home too.

SO WHO ARE WE?

We are made up of Mental Health workers, nurses and trainees - you may have already seen some of us around school!

We will be working closely with schools to help staff, pupils and parents with self-help techniques to build resilience and teach different coping strategies.

HOW DO YOU ACCESS SUPPORT?

We have our own 'Request for Support' form for schools to fill in and send into the service. This could be filled in by your class teacher or a member of staff in your school.

We also offer group sessions called the "friends programme". Groups are available to help you learn about how to keep your mind healthy and how to cope with difficult feelings.

OUR NEWSLETTER!

Each newsletter we aim to have different themes. This edition is about going back to School.

Next term may be strange for a lot of us—we might be going into a new classroom or we might even be going into a new school.

Included we have some ideas of how we, you, your school and family can make that thought feel a little less scary!

THINK ABOUT YOUR 'SCHOOL ROUTINE'

How far away from this are you and how could you get back into the routine?

Here are some examples:

1. Try to pack your bag for school
2. Can you get up in time for school?
3. Why not try your uniform on and make sure it still fits
4. Let's have breakfast in our uniform
5. Could it be fun to go for a walk and go past your school?

The idea of doing these smaller activities means when it comes to going back to school.... These steps don't seem so big.

HAVE A GO IN THE SPACE.....

WHAT WOULD YOUR ROUTINE LOOK LIKE?

MINDFULNESS MONDAY

Mindfulness is about paying attention to everything—your thoughts, your senses and your surroundings. So what can we do?

Try out the mindfulness activity below.

MILKSHAKE BUBBLING

Mindfulness is about paying attention to everything—your thoughts, your senses and your surroundings.

So what can we do? Try out the mindfulness activity below.

YOU WILL NEED:

- 1 cup of water
- 1 straw

METHOD:

1. Take a deep breath in through your nose for three seconds
2. Hold for two seconds
3. With the straw in the cup of water breathe out (careful not to spill the water!) for 3 seconds
4. There should be lots of little bubbles appear in the cup

When we are doing this activity we are trying to become nice and relaxed - think about when is a good time to relax and unwind. Using relaxation techniques can also help us to refocus on a task.

What do you notice happens to your body?

Can you focus on any thoughts or feelings?

Do you notice any smells?



YOU SAID, WE DID...

CLIENT RESPONSES...

Have you worked with us and want to share your experience?

NEED SUPPORT?

- Samaritans—116 123
- Childline—0800 1111
- Padlet information - <https://padlet.com/joannecomerford/yfgynw4bu28wxl36>
- Some services are anonymous for general questions around mental health.
- Lifecycle—0191 2832987
- Early Help—0191 561 4084
- Young Minds—020 7089 5050

GET ONLINE SUPPORT: 10-25YRS KOOTH



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