

SPRING TERM

Mental Health Support Team

NEWSLETTER



Hello!

Welcome to our Spring edition of the Mental Health Support Team newsletter for schools. With brighter and longer days on the horizon, we invite you to join us to reflect on what's been happening in our schools over the winter and to look forward to everything your school can get involved with as we move ahead in the year.

Included in this edition:

- Sparkly moments from Children's Mental Health Week
- Team updates
- Mood Bears
- Parent engagement events
- Awareness days
- Further support information

SELF-CARE SNIPPET



Have you ever tried practicing gratitude? We don't mean simply saying 'thank you', but purposefully taking a moment to pause and reflect on a few things you are grateful for each day. Studies suggest it can help us to regulate, reduce stress, improve self-esteem and boost the feel-good chemicals in our brain. It doesn't need to take a lot of your time, but can have a huge impact on your mood and wellbeing.

Three Good Things – free app to support gratitude practice:



Find us on social media

(Sources: Calm, 2023 & Oatmeal Apps, 2024)

   @SOUTHSTAFFSMHST

Follow us on Facebook, Instagram and X


Midlands Partnership University
NHS Foundation Trust

Sparkly Moments

During **Children's Mental Health Week** in February, our teams facilitated and collaborated on a wide range of school activities, events, workshops, drop-ins and assemblies following this year's theme:

Place2Be's

**CHILDREN'S
MENTAL HEALTH
WEEK**

3-9
FEB
2025

'Know Yourself, Grow Yourself'



**SUPER
STAR**

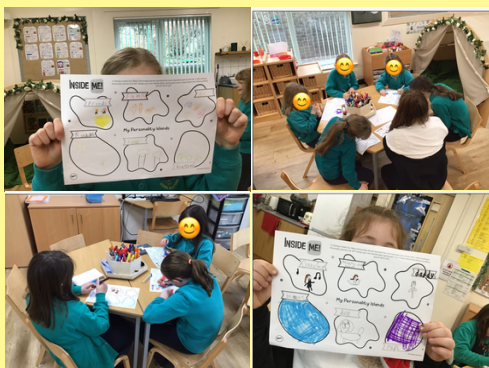
A student at Cannock Chase High School collaborated with us to create and deliver a stigma-smashing workshop to peers!



We explored worry management during assembly at Shobnall Primary School on Time to Talk Day.



We launched this year's theme at Birds Bush Primary School, considering how to build resilience and confidence.



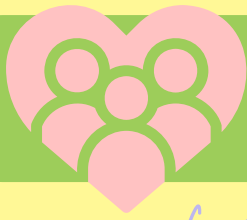
Wellbeing Wednesday drop-in at The John Bamford Primary School continued this year's theme with activities exploring what makes us who we are.



Our 'Know Yourself, Grow Yourself' assembly being delivered at Tillington Manor Primary School.



Students at Anker Valley got crafty, creating their own reminders of self-care and coping strategies.



THE TEAMS

What we've been up to...

STAFF UPDATES

We are very excited to welcome Hannah and Shazia back to the Cannock & Stafford teams after their recent respective maternity leave.



Keep your eyes peeled and please join us in welcoming our new peer support workers Hannah and Danielle. They have already started supporting our Whole School Approach events and activities and have lots more exciting plans to come!

Our trainee practitioners in the Lichfield, Cannock and Stafford teams are trainees no more! They recently completed their courses and will be graduating later this year. Con-grad-ulations guys!



We recently successfully recruited additional senior practitioners to support our teams and service delivery. Our seniors are as follows:

Burton & Uttoxeter - Claire Lynch
Cannock & Stafford - Claire Smith
Lichfield & Tamworth - Lauren Edwards

...and coming soon...

TARGETED PSYCHO-EDUCATION GROUPS

We have begun piloting a 5-week group intervention for up to 8 young people in some of our secondary schools (Key Stage 3).

This group aims to meet the needs of any young people who may benefit from more in-depth psycho-education in addition to our universal whole school approach offer, providing activities to support their understanding of their own mental health and wellbeing and practice simple strategies to manage and boost their mood.

If you are interested in setting up a group in your school or would like to know more, please arrange a consultation with your allocated practitioner.



EVENTS WITH PARENTS



Practitioners in Burton attended the Winshill Community Resource Centre's Coffee Morning and were available for a drop in chat for parents, discussing children's mental health and offering advice for accessing further support.



Katie, Chloe, and Maria (EMHPs) recently delivered a Mental Health Awareness Workshop for parents, covering key topics like anxiety, panic, low mood, and overall wellbeing.



Jack (EMHP) recently hosted a coffee morning parent drop in at Chasetown Community School, having meaningful discussions with parents about wellbeing and internet safety.

MOOD BEARS



Raveena (CWP) has just finished delivering Mood Bears sessions at Redhill Primary with Years 1, 2, and 3, helping pupils explore their feelings in a fun and engaging way!



The children absolutely loved the sessions with Raveena, sharing wonderful feedback:

- “The bears are beautiful!”
- “They have helped me with my feelings.”
- “We really enjoyed it!”



CALENDAR OF EVENTS

MARCH



International Women's Day



Young Carers Action Day



World Sleep Day



Neurodiversity Celebration Week



Comic Relief / Red Nose Day



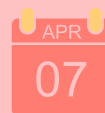
APRIL



Stress Awareness Month



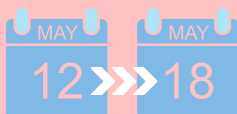
Family Safety Week



World Health Day



MAY



Mental Health Awareness Week



Walk to School Week



ONLINE SUPPORT

Our digital hub '**The Sandbox**' is free to access for all young people in South Staffordshire.

Each month Sandbox publishes new resources based on themed topics, as well as hosting regular gaming live streams with therapists and free webinars and podcast episodes for parents, carers, teachers & professionals.

In addition, '**The Toolbox**' provides online support for those querying or diagnosed with Autism or ADHD, including live chat support on weekdays.

You can check all this out by following the link on the 'further support' page or by scanning the QR codes here:



SANDBOX



TOOLBOX





WE WANT YOUR FEEDBACK!

What would you like us to feature
our in future newsletters? Scan
the QR code to share your thoughts.



FURTHER SUPPORT



24h Mental Health
Access Team – urgent
NHS mental health
service who will
provide support and
advice over the phone.

☎ 0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>



You can get advice
from 111 or ask for an
urgent appointment
with the GP if you
aren't able to speak to
the urgent helpline,
you need help urgently
(but it's not an
emergency) or you're
not sure what to do.

☎ 111

EMERGENCY

In an emergency / risk
to life (either your own
or someone else's)
and/or you do not feel
you can keep yourself
or someone else safe.

☎ 999 OR GO TO A&E



MINDLER in partnership with NHS

The Sandbox

The Sandbox is an
online mental health
support service for
Children and Young
People in South
Staffordshire. The
Sandbox provides
information, a space to
discuss concerns with
both professionals and
peers and a library of
internet delivered CBT
exercises. They also
offer one-to-one
support through chat,
text, phone or video
consultation.

<https://sandbox.mindler.co.uk/>



The Mix offers support
for anything that's
troubling you. They
offer email support,
one-to-one webchat
service and free short-
term counselling.

☎ 0808 808 4994 (4pm-
11pm, 7 days a week)

<https://www.themix.org.uk/>

YOUNG MINDS

YoungMinds provides
young people with
tools to look after their
mental health. Their
website is full of advice
and information on
what to do if you're
struggling with how
you feel.

<https://www.youngminds.org.uk/>

SAMARITANS

Samaritans provide
emotional support to
anyone in emotional
distress or who is
struggling to cope.
They offer different
ways of contact such
as webchat, email and
letters.

☎ 116123 (24/7)

✉ Email:
jo@samaritans.org

<https://www.samaritans.org/>

childline

Childline is free,
confidential helpline
that can help with any
issue no matter how
big or small. They offer
telephone support,
one-to-one webchat
and an email service.

☎ 0800111 (24/7)

<https://www.childline.org.uk/>

shout 85258

Shout 85258 is a free,
confidential, text
messaging support
service for anyone who
is struggling to cope.

✉ Text: SHOUT to 85258
(24/7)

<https://giveushout.org/>