

# The Mental Health Support Team

Monthly Newsletter

June 2021

Welcome to our monthly newsletter! After the newsletters provided to you during lockdown and the summer, we have decided to continue sharing resources for students, parents and carers to support wellbeing during these uncertain times!



A lot of the activities and ideas we suggest are based around the **5 Ways to Wellbeing**: <https://bit.ly/wayswellbeing>

## Open for referrals

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/>

## The Power of Reading!

**6 benefits reading has on our wellbeing:**

**It's pleasurable** – a good book can be a struggle to put down, it captivates you and time disappears.

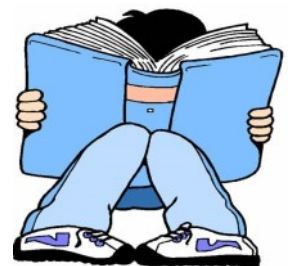
**Can reduce stress** – studies have shown when we read our heart rate decreases, the tension in our muscles ease, and it can change our state of mind.

**Can provide an escape from the 'real world'** – becoming immersed in the world of the book can help some to forget their worries.

**Helps you to develop empathy for others** – when you read about different characters within a book you gain an understanding of their thoughts and feelings.

**Being a part of a reading groups** – when we read a book and then talk about it, it has shown to; improve concentration, gain better emotional understanding, increase self-awareness, and provides the ability to discuss meaningful issues about yourself.

**Helps teenagers develop insight into being an adult** - Becoming an adult can be tricky – a lot of things change during this time and exploring self-identity is crucial. Fiction helped teens by providing insights into mature relationships, personal values and cultural identity all of which are important in the transition from being a child to becoming an adult.



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## June Events

Use Ctrl and click to access the website



May 17<sup>th</sup> to June 17<sup>th</sup>  
National Smile Month



28<sup>th</sup> May to 13<sup>th</sup> June  
The Great British  
Spring Clean



June 1<sup>st</sup> to June 7<sup>th</sup>  
Volunteer Week



June 7<sup>th</sup> to 13<sup>th</sup>  
National Growing  
for Wellbeing Week



20<sup>th</sup> June  
Father's Day



June 18<sup>th</sup> to July  
18<sup>th</sup>  
Children's Art  
Week

## YOUNGMINDS

## Supporting a Friend with their Mental Health:

Young Minds have produced useful guidance on how to support our friends when they are experiencing mental health difficulties.

**Listen** - listen to your friend without interrupting, you can show you're listening with nods or repeating what they say.

**Reassure Them** - let your friend know that they've done the right thing by talking to you.

**Let Them Know Their Feelings Are Valid** - this will help them know they're not alone.

**Actions Can Speak Louder Than Words** - if a friend has shared with you, they might be worried that you don't want to spend time with them any more, so taking time to sit together can be very meaningful.

**Remember, It's Not All On You** - you may have the desire to help your friend all you can or to 'fix' the situation, but it is not your responsibility alone - there are lots of other people and places you can go for more help.

There is also a 'What type of friend are you?' quiz which can help you find the best ways for you to help friends who may be struggling.

<https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/>

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## Makaton



If your child, or children you work with are learning how to talk or have additional needs, one of the recognised support languages is Makaton. In a video on our website, Megan from the team uses Makaton to talk through different emotion words.

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

You can find out more about Makaton here: <https://www.makaton.org/> Below are some examples:



### Outside Links

**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/>

In a crisis call

**111**