

The Mental Health Support Team

Monthly Newsletter
March 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!

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>

Mental Health Support Team Podcast



We have recently launched a brand new podcast where we discuss a variety of topics related to mental health and well-being.

Recent episodes include: How to start a conversation about mental health and LGBTQ+ History Month!

<https://www.youtube.com/channel/UCf90qsjAXsC8dGltf77NQw>

Children's Mental Health Week Art!

The 1st—7th February was Children's Mental Health Week. As the theme was 'Express Yourself!', we asked you to get creative and show us your art work around the concept of mental health. Being creative is great for your mental health and wellbeing.



Tisyia.

Thank you for all of your submissions!

Aurelia,
Age 6.

Kitty, Age 12.



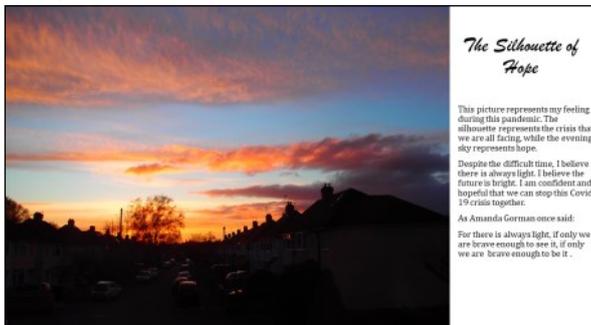
Ada,
Age 8.



Krissa,
Age 11.



Kate,
Age 10.



The Silhouette of Hope

This picture represents my feeling during this pandemic. The silhouette represents the crisis that we are all facing, while the evening sky represents hope. Despite the difficult time, I believe there is always light. I believe the future is bright. I am confident and hopeful that we can stop this Covid 19 crisis together. As Amanda Gorman once said: For there is always light. If only we are brave enough to see it, if only we are brave enough to be it.



The Mental Health Support Team

Monthly Newsletter
March 2021

March Events

For more information and how to get involved press Ctrl and click on each image



1st March:
Self-Injury
Awareness Day



1st March:
Zero
Discrimination
Day



1st – 7th March:
Eating Disorder
Awareness Week



4th March:
World Book
Day



8th March:
International
Women's Day



5th – 14th March:
British Science
Week



16th March:
Young Carers
Action Day



19th March:
Red Nose Day



19th March:
World Sleep Day



20th March:
World Happiness
Day



30th March:
World Bipolar
Day

Wellbeing resources

- MHST page on Response website: <https://www.response.org.uk/mental-health-support-team-podcasts-videos/> here you can find lots of useful videos and podcasts covering a range of topics from returning to school, self care and wellbeing to coping with anxieties and worries.
- Coping with anxiety around returning to school: https://youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/?gclid=EAlaIqObChMI1tzynauH7wIVAtTtCh1AOgx0EAAYASAAEgJxGvD_BwE
- Settling a child with SEN back into school: <https://www.theschoolrun.com/settling-child-sen-back-school>
- Helping your child cope with difficult feelings: <https://www.theschoolrun.com/help-your-child-cope-with-difficult-feelings>
- Supporting your child's mental health: <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

The Mental Health Support Team

Monthly Newsletter

March 2021

National Drug and Alcohol Facts week starts on 22nd of March

Click on the links below for more information

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

<https://www.gov.uk/government/collections/alcohol-and-drug-misuse-and-treatment-statistics>

<https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/>

Lockdown has been a trying time for all of us and for some, alcohol and drugs have been a way of coping with the stress. Stress, anxiety and other mental health reasons have driven over half of UK drinkers to turn to alcohol during the coronavirus pandemic.



- The young, BAME people and parents suffer most
- Drinking worsened mental wellbeing for 4 in 10 drinkers
- Stigma around alcohol problems is even greater than mental health stigma

Alcohol is a part of many of our lives. We use it for celebration, for comfort, to socialise, to wind down, to cope. We treat it differently to other drugs; it's legal, socially acceptable, even encouraged.

Yet in the UK one person every hour dies as a result of alcohol. Alcohol harm – mental health problems, liver disease, one of seven forms of cancer, economic difficulties, and so much more – can affect any one of us, from any walk of life.

The harm doesn't end with the individual; each of us who drinks too much is part of a family and a community who feel the effects too, whether through frequent use of emergency services, drink driving, violence or neglect.

Developing healthy drinking habits is beneficial for us as both individuals and as parents, in that we are setting good habits for our children to imitate.

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 for mental health support