

Mental Health and Wellbeing Newsletter March 2024



Welcome to St Mary's Catholic Primary School March 2024 mental health and wellbeing newsletter !



**Young Minds
have shared this
helpful
grounding
technique**

Parents, if your child suffers with anxiety or panic attacks, show them this grounding technique. It's called the alphabet game – and it was a game changer for 16 year old Kerry.

“The alphabet game is where you name something for every letter of the alphabet within any category of subject. This could be animals, people's names, foods etc.

I had never found something that had me back to thinking logically and calmly so fast. Now it is definitely my go-to exercise for anxious days (mine, or other people's). This isn't an instant fix by any means, and everyone will have different experiences, but it's an excellent grounding technique to get your brain switched back from the fear and panic that has thrown all rationality out the window.”



I wanted to share this resource from BBC bitesize which is all about school phobia, or school-related anxiety – sometimes called 'school refusal'

<https://www.bbc.co.uk/bitesize/articles/zdkn3qt?fbclid=IwAR3FKxS9y3n85fo6QxfcoSF3RaVKCtEncw2Z9F3nrHZGmxLGSCvYJW-XNBg>

The article contains lots of helpful advice and support and at the bottom of the article is lots more helpful articles such as a parent toolkit and tips to handle the after school meltdown.



School Nursing Team

Do you know about ChatHealth? It's an easy way for young people and parents/carers to contact Health Visitors and School Nurses to get confidential help and advice.

Messages can be sent to one of three advice lines:

- For young people aged 11-19: 07312 263 096
- For parents/carers of children aged 0-5: 07312 263 423
- For parents/carers of children and young people aged 5-19: 07312 263 499

ChatHealth Parent Line 0-5	TEXT ...	07312 263 423
ChatHealth Parent Line 5-19	TEXT ...	07312 263 499
ChatHealth Young People 11-19	TEXT ...	07312 263 096



www.cornwall.gov.uk/chathealth

Get confidential health and wellbeing advice and support

The messaging service is available Monday to Friday (excluding bank holidays) from 9am to 5pm. A trained healthcare professional will reply to the message during office hours within 48 hours. You can also contact the service at 01872 324261 or hvsnadvice@cornwall.gov.uk

But please note that this is not an emergency service—urgent health advice should be sought from an NHS walk-in centre or by calling NHS 111, or in an emergency dial 999 or go to A&E.



If your child can't tell you in words, they will often use their behaviour to let you know how they're feeling. This might come out as anger.

Underneath these behaviours, a young person who seems very angry may also be feeling things like fear, stress, sadness, hurt or worry – or might be struggling to cope with a difficult experience at school, at home or in another part of their life that they feel unable to talk about.



Support for Mental Health And Wellbeing links



CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<http://www.cornwallft.nhs.uk/services/childrens-services/camhs/>

Cornwall Mind

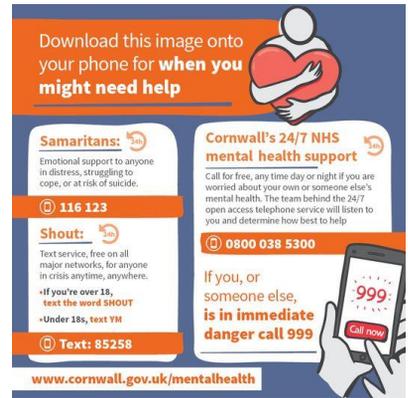
Cornwall Mind is based in Bodmin and provides support and advice for those experiencing mental health difficulties.

Cornwall Mind
2A Hamley Court
Dennison Road
Bodmin
PL31 2 LL



01208 892 855

www.cornwallmind.org



24/7 NHS Mental health response line

For support and advice. Call free any time, day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone response line will listen to you and determine how best to help. t: 0800 038 5300 (free) 24 hours a day

Samaritans

Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. t: 116 123 24 hours a day e: jo@samaritans.org

NHS Cornwall and Isles of Scilly Talking Therapies

NHS talking therapies (previously Outlook South West) for people with anxiety and depression – call 01208 871905 for people aged 16+ years.

Suicide Liaison Service

A service delivered by Cornwall Partnership NHS Foundation Trust to provide support to adults over 18 years old who are bereaved by suicide - www.cornwallft.nhs.uk/suicide-liaison-service

Man Down

Supporting men's mental health in Cornwall - www.mandown-cornwall.co.uk

'We are with you'

For support with alcohol, drugs or mental health call 01872 263001 or visit <https://www.wearewithyou.org.uk/services/cornwall-truro/>.

Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text: 85258

Safer Futures

Call 0300 777 4777 or visit <https://saferfutures.org.uk/> if you or someone else is affected by domestic abuse, sexual violence and those demonstrating abusive behaviours.

Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544

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

ChildLine

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.

Helpline: 0800 1111

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

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111