

Mental Health Newsletter



Research shows that some of the key elements to well-being include connecting with others, learning something new, being active, taking time for yourself, doing something which you enjoy and participating in a social and community life.

(<https://www.mind.org.uk>)

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Issue 2

Mental Health Champions at Burrough Green



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Mental Health and current issues

As the role of Mental Health Champion continues to be developed at Burrough Green, we have further opportunities to network with colleagues in other schools and professionals from external agencies. This involvement has given an insight into some of the more pressing issues for our young people in today's society.

A pertinent concern for both children and parents nowadays revolves around the use of technology and the lives which children lead online. In order to help with this, we deliver e-safety lessons to each class tailored to the needs of that age group. From delivering these lessons, I have seen that the children at our school are well aware of the dangers online and the appropriate actions to take,

should they accidentally find appropriate material: they would inform an adult and if necessary use an online blocking or reporting system.

Furthermore, I have ordered copies of the online safety magazine "Digital Parenting", which is produced by Parent Zone and Vodafone specifically for parents. Copies of this magazine will be available in reception and I will send a message via parentmail once they have arrived.

Another common concern for young people is worry, or as it is more popularly known: anxiety. This is a prevalent issue in our current

society and one which is causing great concern for many young people. It is a topic which we have covered in our PSHE days and Mental Health Week, and as a school we are encouraging the children to not only talk about their worries but to try and identify if they are large or small worries, in order to give some perspective. We are also giving the message that we all need a certain amount of worry in our lives and that this is a perfectly normal emotion.



"Worry gives a small thing a big shadow."
-swedish proverb

Mental Health Work at Burrough Green

We hope that you all enjoyed the activities which came home as a part of the National Children's Well-being Week and that some of these may have used. We have had many conversations in school about these activities and it has been fantastic to hear some of the children saying how the "box breathing" which they were

shown in assembly has been a helpful strategy for them when they have been upset or frustrated.

The homework tasks which we received in school were fantastic and, if you have not already seen this picture on our twitter page, then here is the start of our new Well-being display, which is

currently on the theme for National Children's Well-being Week of 'Being Ourselves.'



Links to further information, advice and support on Mental Health

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: 01223 746001

<http://www.nhs.uk/NHSEngland/AboutNHSservices/mental-health-services-explained/Pages/about-childrens-mental-health-services.aspx>

CPFT

For children registered with a Cambridgeshire GP.

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) is a health and social care organisation, providing integrated community, mental health and learning disability services, across Cambridgeshire and Peterborough.

Out of hours' service: 0800 052 22 52

www.cpft.nhs.uk/

NSFT

For children registered with a Suffolk GP.

Norfolk and Suffolk NHS Foundation Trust (NSFT) is a health and social care organisation, providing integrated community, mental health and learning disability services, across Norfolk and Suffolk.

Out of hours' service: 0300 123 1334

<http://www.nsft.nhs.uk/Our-services/Pages/Access-and>

First Response Service (FRS).

There is a new service which has been launched to support people suffering with mental health issues called the First Response Service (FRS). This provides 24-hours access, 7 days a week, 365 days a year for mental health care, advice, support and treatment. **By calling 111, and selecting option 2**, you will be put through to a member of the FRS who will speak to you and discuss your current mental health needs. The phone is answered by trained practitioners who can access the callers' needs and then first responders, mental health nurses and social workers can offer direct support and intervention in a crisis. Referrals can also be made to GPs and relevant services. The team will have information about all the local services available to support people, so a wide range of issues can be supported.

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/>

CHUMS

CHUMS Mental Health and Emotional Wellbeing Service offers support to children and young people with mild to moderate mental health difficulties, such as anxiety and low mood, as well as those with significant emotional wellbeing difficulties arising from life events, such as bereavement and bullying.

This service offers a referral for young people from either a professional such as school, or a parent or the young person themselves.

Phone: 01525 863924

<http://chums.uk.com/>

Alongside the list of recommended sites and organisations to help with Mental health, I would like to raise an issue which has recently come to light.

Some of the services which we are signposted towards as a Cambridgeshire school have not been able to be accessed due to the fact that they are NHS funded and so the child has to be registered with a Cambridgeshire GP, rather than a Suffolk surgery, as is the case with many children at our school.

Primarily, this means that if you are registered with a Suffolk surgery then you will not be able to access CHUMS. However, you will still be able to access the information which is available on their website.

Keep your head

<http://keep-your-head.com/CP-MHS>

Mental Health Foundation

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

The mix

Helpline: 0808 808 499

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

Mind

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

Family Lives

Helpline: 0808 800 2222

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

Minded

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