

Southampton Mental Health Support Team Secondary Schools/Colleges Wellbeing Newsletter

15th April 2020

In these very difficult times we at the Southampton Mental Health Support Team want to introduce ourselves to you and offer some support. We are a new team working alongside the Southampton CAMHS to support the emotional wellbeing of children alongside Southampton's schools and colleges.

The Covid-19 pandemic has impacted every household in some way. We are being asked to stay at home and continue to support our children's learning and emotional wellbeing – such an important role, but not an easy one at times!

We have put together a weekly newsletter which will offer some 'Top Tips' for managing low mood and worries for you and your children while schools are closed. We will also share some fun activities for you and your children to do at home and some ways to keep physically active in limited space. There are lots of online resources to support Mental Health and Emotional Wellbeing and we are regularly reviewing these so that we can suggest the best of what is on offer for you. Should you or your child feel that it would be helpful to talk to someone we have also listed some useful phone numbers and online chat services.

Very best wishes, Southampton MHST.



The Department for Education has produced a list of online educational resources to help learning at home, all of which are currently being offered for free. There are also some links for resilience building.

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

We are all experiencing a lot of change and uncertainty at the moment and for some people uncertainty is difficult to tolerate. This worksheet can help with helping your young person with reducing their need for certainty, increasing their ability to tolerate uncertainty. <https://www.getselfhelp.co.uk/docs/APPLE2.pdf>

Parents Top Tips

- Take care of your own mental health and wellbeing.

Young people learn from adults around them and will react, in part, to how they see us reacting and behaviours we express.

You can provide the best support for your young people by dealing with this situation calmly and confidently, and by looking after yourselves too.

NHS every mind matters website offers an interactive quiz to give you top tips and advice around promoting positive emotional and mental health wellbeing. This has also been tailored for the Coronavirus outbreak. You can access this here:

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAIaIQobChMIh77Bq8Lo6AIVVLTvCh06ogZEEAAYASAAEgIbHfD_BwE

- Behaviour = Communication

Your young person may have lots of concerns about what's going on and about how school closures and exam cancellations will affect them.

They may be saddened after being disconnected from their friends and lack of routine.

They may respond to these worrying times in different ways, such as alcohol or drug abuse, arguing or fighting with siblings, parents/carers. Equally they may withdraw and become afraid to leave their home. They may feel overwhelmed and unable to talk about how they are feeling and may cut back on connecting with friends through calls, video calls or social media.

Ask your child how they are feeling and if they want to talk about anything – it may not even be related to the Coronavirus situation – if they say they don't, remind them that they can seek you out to talk if they change their mind. It is basic, but we know some children rely on an invitation to share their concerns or worries, and equally just the offer of support in the form of a conversation can feel containing for children and young people.

Good News Story

We love this video of Adam, a dancing zookeeper from Melbourne Zoo. Adam has a rainbow fan which has become a global sign of positivity, hope and togetherness during the pandemic.

<https://www.bbc.co.uk/news/av/world-australia-52000441/coronavirus-melbourne-zookeeper-s-livestream-dance-goes-viral>



Activity of the week

Chocolate Crispy Cakes

Ingredients

150g chocolate (broken up)
100g butter
4tbsp golden syrup
100g cereals (rice krispies, corn flakes, shredded wheat)
Decorations (sprinkles, mini eggs, marshmallows etc.)
Cupcake cases

Method

Put the chocolate in a heatproof bowl with the butter and golden syrup and gently melt in 10-second bursts in the microwave, or melt it over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, then take off the heat and stir in the cereals, coating them gently with the chocolate until they are all completely covered.

Divide the mixture between nine cupcake or 12 fairy cake paper cases – it's easier if you slide these into a muffin tin as it will help them hold their shape. Add your decorations. Leave to set. If you want them to set faster, put in the fridge for 1 hr.



Keeping Active

Introduction to yoga

Yoga is a form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Yoga is a safe and effective way to increase physical activity and focuses on building strength, flexibility and balance. There is also some evidence that yoga practice is beneficial for reducing high blood pressure, aches and pains, depression and stress.

When trying yoga, take notice and pay attention to your body and what it feels. Try to quiet your mind, and notice your breath as it moves through your body.

Uttanasana – When in this pose take deep breaths and feel your hamstrings stretching. When practiced regularly this is also a beneficial pose for stress and low mood.



Contact us

If you have any questions or queries for the Southampton MHST Team please email us at;
SouthamptonMHST@Solent.nhs.uk

Useful Services and Websites for Parents and Young People

Please see the details of the following services that may also be able to offer you and your child advice and support. **Please note that during this unprecedented time services have had to change the way they work and offer support, so please contact the service directly to find out what is currently on offer.**

THE SOLENT WEST CHILD AND ADOLESCENT MENTAL HEALTH SERVICE:

If your child is currently receiving a service from CAMHS, a duty line for advice in the event of deterioration in your child / young person's mental health is available. Please request to speak to the duty worker on 0300 123 6661.

You are also able to contact our Behaviour Helpline for advice and strategies with managing challenging behaviour on 0300 123 6661, your contact details will be taken and our Behaviour Advisor will return your call within 1 week.

Please be aware that in the current situation there may be a slight delay in responding to duty calls.

USEFUL TELEPHONE NUMBERS:

Southampton Multi-Agency Support Hub:	02380 833336
(For safeguarding advice and parenting support).	
Samaritans:	Free phone 116 123
Parentline (24 hour advice):	0808 800 2222
Child line:	0800 1111
NHS direct:	111 – non emergency helpline
SANE mental health help line (every day 16.30-22.30)	0300 304 7000
Young Minds help line (Mon-Fri 9.30-4pm)	0808 802 5544

USEFUL WEBSITES – UNDERSTANDING SYMPTOMS, ADVICE AND SELF-HELP:

- <https://childdevelopmentinfo.com/> - This covers numerous 'symptoms' of developmental disorders and mental health conditions. It also has a lot of helpful advice ranging from 'online safety' to 'getting children to eat greens'. Mixture of articles and short videos.
- www.youngminds.org.uk – information and advice for young people, parents and professionals, includes a telephone advice line and videos. This website covers emotional health, mental health conditions and neurodevelopmental disorders e.g. Attention Deficit Hyperactivity Disorder.
- http://www.sane.org.uk/resources/mental_health_conditions/ - information and advice, includes resources and useful leaflets to manage symptoms of many mental health symptoms. It also has online forums and a telephone advice line (above).
- www.getselfhelp.co.uk – this website is an invaluable resource containing free downloadable activities and videos for you to support your child to manage their emotional and mental health.
- <http://www.moodjuice.scot.nhs.uk/> - Similar to 'getselfhelp'.
- <https://anxietycanada.com/> - Similar to 'getselfhelp'.
- **Selected mobile phone 'apps'** to help manage symptoms can be viewed here, although please consider age appropriateness: <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-apps.aspx> (Or type 'Apps for Mental Health – NHS Choices into an internet search engine.)

Useful Services continued

SERVICES:

NO LIMITS ADVICE PROJECT – <https://nolimitshelp.org.uk/> Contact Phone: 02380 224 224 – 13
The High Street, Southampton, SO17 1XN Email: enquiries@nolimitshelp.org.uk

Please contact the service via telephone, email or ‘drop-in’ to the advice centre.

The No Limits service offer advice and support to young people under the age of 26 years on many issues, including: housing, employment, money management advice, social support, symptoms of mental health, counselling for emotional ill-health, sexual health guidance, drug and alcohol support, victims and perpetrators of crime, plus much more.

Opening Hours:

Monday – 10am-5pm Tuesday – 10am-5pm Wednesday – 1:30pm-8pm Thursday – 10am-8pm
Friday – 10am-5pm Saturday – 10am-1:30pm Sunday – Closed

SOUTHAMPTON CITY COUNCIL PARENTING ADVICE AND SUPPORT:

<http://sid.southampton.gov.uk/kb5/southampton/directory/results.action?familychannel=8-7-1> – Please access this website to view a range of parenting support courses in Southampton. Or go into Southampton City Council’s website and type ‘families’ into the search bar.

Please also contact the Southampton City Council MASH Team on the telephone number above for further advice around services and parenting support.

CHILDREN WITH SPECIAL NEEDS:

The Buzz Network - a group for Southampton parents/carers of children with disabilities/special needs. It is open to children with any disability from ADHD to visual impairments, as long as they meet the eligibility criteria. <http://sid.southampton.gov.uk> – type ‘Buzz Network’ into the search engine for contact details.

CHILDREN WITH SUSPECTED AUTISTIC SPECTRUM DISORDERS

<https://www.autismhampshire.org.uk/> - Autism Hampshire: Information, Advice, ‘Needs Assessment’ and support. Community Access, Southampton Office – 3 Bassett Avenue, Southampton, SO16 7DP, Tel: 02380 766162 Email: communityaccess@autismhampshire.org.uk

BEREAVEMENT SUPPORT SERVICES:

- <http://www.theredlipstickfoundation.org/> - The Red Lipstick Foundation are here to offer services to families in Hampshire who have been bereaved by suicide or immediate family members following a person’s sudden death.
- <http://www.simonsays.org.uk/> - Tel: 08453 055 744 - Bereavement service for Children.
- <http://www.cruse.org.uk/?gclid=CMmGptiMktMCFYWRGwoduCOEjw> - National Bereavement Service.

DOMESTIC ABUSE SUPPORT SERVICES:

- <https://www.hamptontrust.org.uk/our-programmes/> - support projects for those who have perpetrated domestic abuse, and, adults and young people who have experienced domestic abuse.
- <https://www.yellowdoor.org.uk/> - Telephone: 023 8063 6313 - support project for adults and young people who have experienced physical and or sexual abuse.