

MENTAL HEALTH SUPPORT TEAM NEWSLETTER

Spring EDITION



Hello! Welcome to our spring edition of the Mental Health Support Teams in Schools' Newsletter, where we will be taking a look at what has been going on across our teams. We have also included a few mindfulness activities that we encourage you to try. We invite you to read along, and let us know your thoughts about how we can support you and your school

INCLUDED IN THIS EDITION:

- What's been going on?
- Children's Mental Health Week
- Mindfulness puzzles and activities
- Calendar of Events
- Further Support

WHO ARE WE?

We are a Mental Health Support Team that work in schools, aiming to educate young people about mental health and wellbeing, as well as help young people with difficulties they may face and how these may affect your mental health.

WE CAN HELP WITH:

Low mood
Anxiety, worry, and panic
Exam stress
Sleep Difficulties
Problem solving
Coping strategies

WE OFFER:

1-1 sessions
Drop in sessions
Education around mental health and wellbeing
Workshops
Supporting staff at school to help you
Working together with your parents/carers

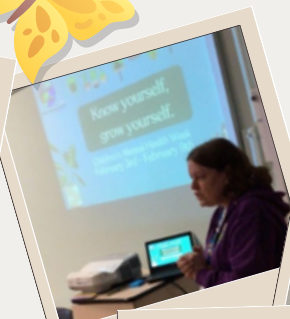
Find us on social media

   @SOUTHSTAFFSMHST
Follow us on Facebook, Instagram and X

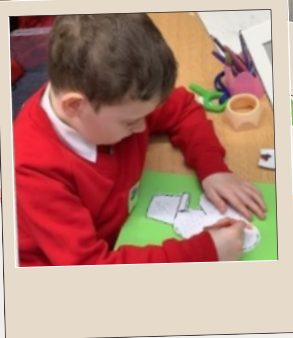
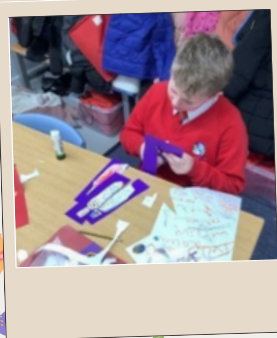


CHILDREN'S MENTAL HEALTH WEEK

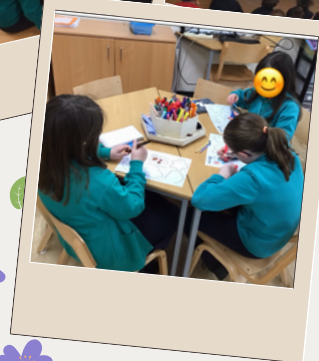
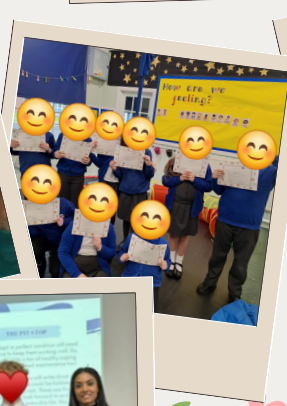
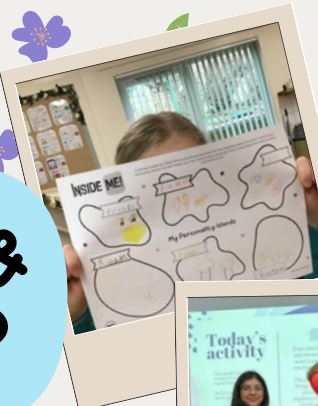
During Children's Mental Health Week, our teams in Cannock, Lichfield, Stafford, Tamworth, and East Staffs held workshops, assemblies, and drop ins focused on the theme 'Know Yourself, Grow Yourself'. Check out some of the activities we got up to!



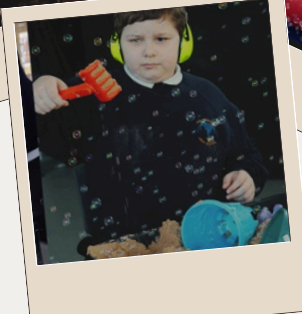
TAMWORTH & LICHFIELD



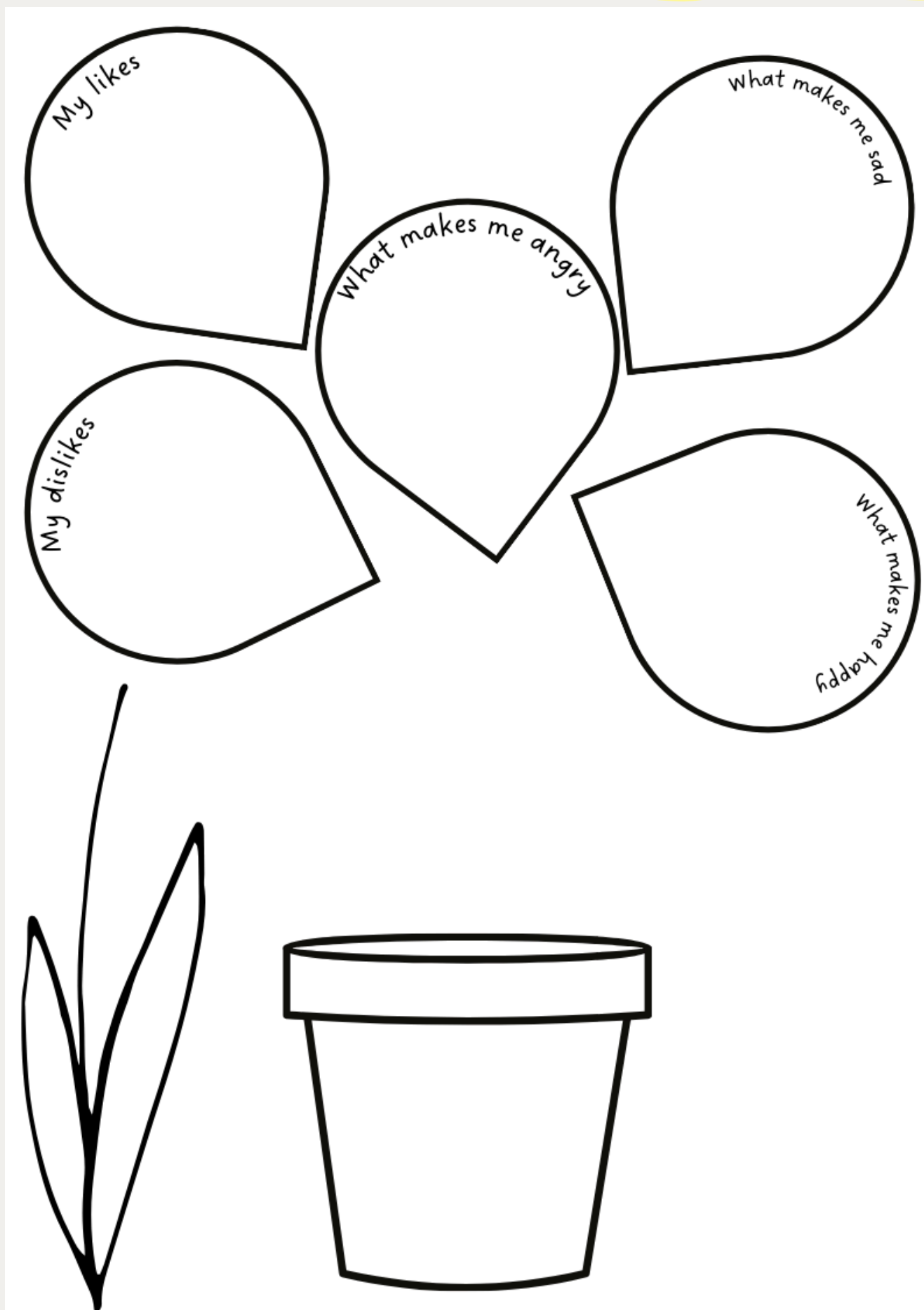
CANNOCK & STAFFORD



BURTON & UTTOXETER



If you weren't able to attend our workshops during Children's Mental Health Week, have a go at completing one of the activities we shared. Fill in the petals with your ideas and decorate however you like. You can then cut and stick everything together to create a flower pot!



Sparkly Moments

Take a look at some moments that have made us proud recently



SLEEP TIPS

World Sleep Day is happening on 14th March, so here's some handy tips to help you get the best sleep you can!



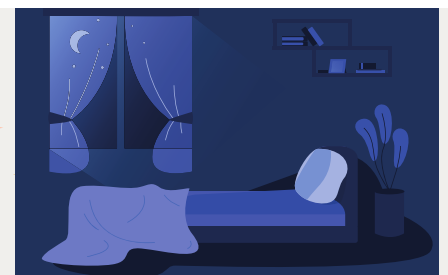
Try to go to bed and wake up at the same time each day.

Do something calming for your brain before you go to bed.



Avoid using devices just before bedtime as this will stimulate your brain to stay awake!

Check your sleep environment:
Is your bed comfy?
Is your room too dark or too light?
Is your room too hot or too cold?
All these things impact our sleep!





Spring Wordsearch

Take a moment to recharge by having a go at this Spring themed wordsearch:

c	j	a	g	q	t	s	c	j	s	m	o	o	e	y	q	t	b
p	h	x	e	t	u	s	y	m	d	p	z	z	u	h	q	o	s
x	i	i	z	n	l	x	n	a	a	l	r	a	q	f	q	r	f
b	t	h	c	l	i	r	q	z	f	a	n	i	z	h	s	i	b
w	e	r	e	k	p	a	i	f	f	d	q	r	n	p	t	v	l
q	c	e	j	v	s	i	b	u	o	y	p	q	d	g	y	e	c
y	v	l	s	q	i	n	n	f	d	b	i	j	x	z	e	f	s
n	h	w	o	o	u	b	x	p	i	u	c	m	t	f	a	d	u
e	g	g	s	u	e	o	j	y	l	g	n	a	q	i	x	a	t
r	n	c	a	c	d	w	w	c	s	w	i	g	t	h	g	a	b
r	b	u	n	n	y	s	p	w	a	s	c	g	p	e	b	m	x
d	g	s	j	k	x	l	x	e	a	s	t	e	r	o	s	r	w

- Word List:
- | | | |
|-----------|---------|--------|
| spring | bees | clouds |
| eggs | rainbow | bunny |
| ladybug | picnic | tulips |
| daffodils | easter | chicks |

Calming Colouring

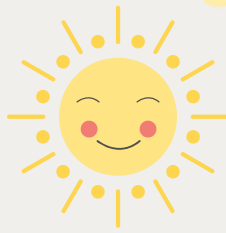


Word Scramble

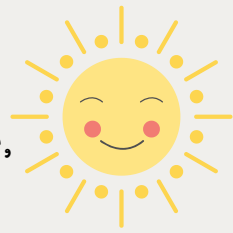
How many words can you make from the following letters? You can only use each one once for each word!

A P T M
T I W E
S H

MINDFULNESS ACTIVITY: A - Z SPRING SPOTTING



Spring is here and the days become lighter,
The sunshine makes everything brighter,
Take a stride outside to your favourite place,
Observe your surroundings at a calming pace.



Gaze around you, what can you see?
Look below your feet and up in the tree!
Work your way through the alphabet,
An object for each letter and you're set!



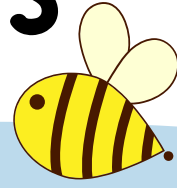
Don't forget to look ahead,
To see what you can list from A - Z



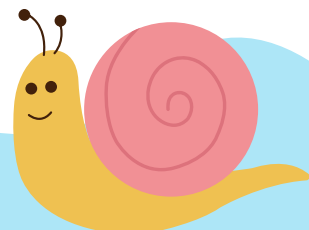
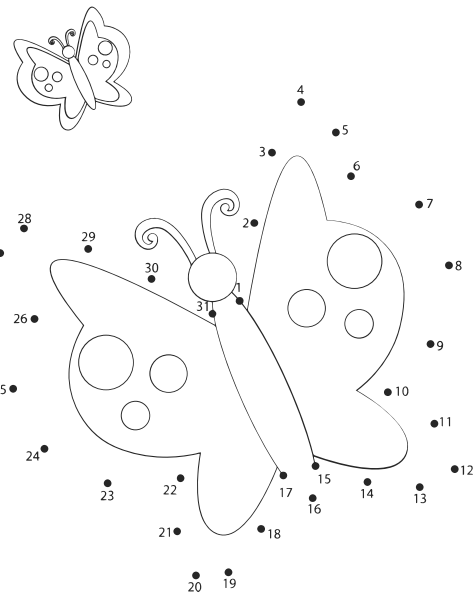
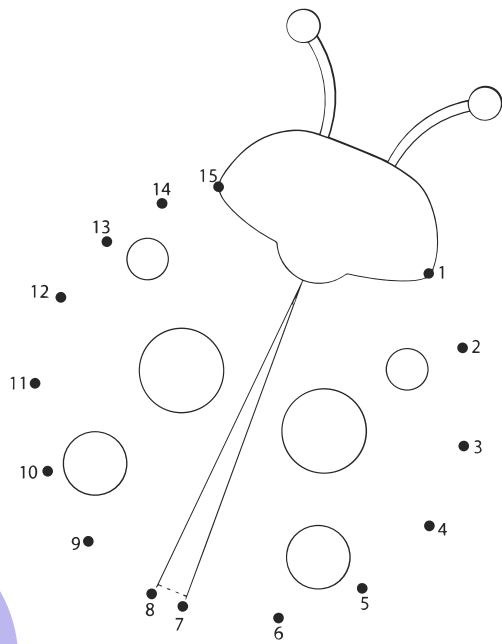
- | | | |
|---------|---------|---------|
| A | L | W |
| B | M | X |
| C | N | Y |
| D | O | Z |
| E | P | |
| F | Q | |
| G | R | |
| H | S | |
| I | T | |
| J | U | |
| K | V | |

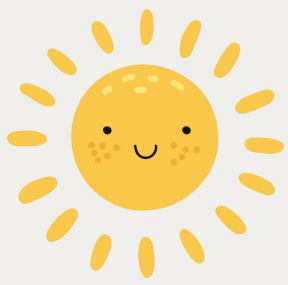


MINDFULNESS ACTIVITY: JOIN THE DOTS



Brain break! Fill in the dots to make the picture





CALENDAR OF EVENTS



What can you do to engage in the upcoming awareness events for this season?



MARCH



International Women's Day



Young Carers Action Day



World Sleep Day



Neurodiversity Celebration Week



Comic Relief / Red Nose Day



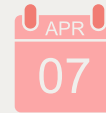
APRIL



Stress Awareness Month



Family Safety Week



World Health Day



MAY



Mental Health Awareness Week



Walk to School Week

SANDBOX SNAPSHOT

Our digital hub 'Sandbox' is accessible to all young people in South Staffordshire. Every month you will find fresh new content that will help you on your mental health journey.

Head over to www.thesandbox.mindler.co.uk or scan the QR code to take a look at the free resources, information, live streams and services!



SCAN HERE!

HOW CAN I ACCESS SUPPORT FROM MHST?



Please speak to a teacher or the Senior Mental Health Lead in your school if you feel that you would benefit from some support from the Mental Health Support Team. They can discuss this with us and refer you into our service or work with us to guide you to the most appropriate type of support.

FURTHER SUPPORT



24h Mental Health Access Team - urgent NHS mental health service who will provide support and advice over the phone.

☐ 0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>



You can get advice from 111 or ask for an urgent appointment with the GP if you aren't able to speak to the urgent helpline, you need help urgently (but it's not an emergency) or you're not sure what to do.

☐ 111

EMERGENCY

In an emergency / risk to life (either your own or someone else's) and/or you do not feel you can keep yourself or someone else safe.

☐ 999 OR GO TO A&E



MINDLER in partnership with NHS

The Sandbox

The Sandbox is an online mental health support service for Children and Young People in South Staffordshire. The Sandbox provides information, a space to discuss concerns with both professionals and peers and a library of internet delivered CBT exercises. They also offer one-to-one support through chat, text, phone or video consultation.

<https://sandbox.mindler.co.uk/>

THE MIX

The Mix offers support for anything that's troubling you. They offer email support, one-to-one webchat service and free short-term counselling.

☐ 0808 808 4994 (4pm-11pm, 7 days a week)

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

YOUNGMINDS

YoungMinds provides young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

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

SAMARITANS

Samaritans provide emotional support to anyone in emotional distress or who is struggling to cope. They offer different ways of contact such as webchat, email and letters.

☐ 116123 (24/7)

✉ Email:
jo@samaritans.org

<https://www.samaritans.org/>

childline

Childline is free, confidential helpline that can help with any issue no matter how big or small. They offer telephone support, one-to-one webchat and an email service.

☐ 0800111 (24/7)

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

shout 85258

Shout 85258 is a free, confidential, text messaging support service for anyone who is struggling to cope.

✉ Text: SHOUT to 85258 (24/7)

<https://giveusashout.org/>



WE WANT YOUR FEEDBACK!

Scan the QR code to share your feedback and ideas to help guide our future newsletter content.



SCAN HERE!