

MENTAL HEALTH SUPPORT TEAM NEWSLETTER

Autumn EDITION



Hello! It's been a busy start to the academic year! We hope you have settled in to your new year groups. This edition takes a look at what has been going on in the Mental Health Support 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 as we head into 2025.

INCLUDED IN THIS EDITION:

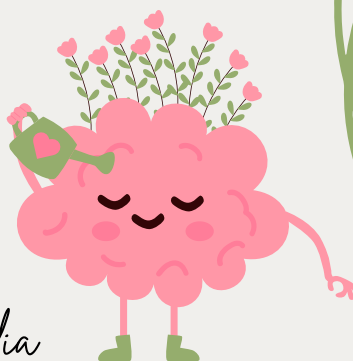
- What's been going on?
- 'Craft and Chat' highlights
- Mindfulness puzzles and activities
- Calendar of Events
- Further Support

WHO ARE WE?

We are 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


Midlands Partnership University
NHS Foundation Trust

Sparkly Moments

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



For World Mental Health Day on 10th October, our teams were out and about in schools working with staff, students and families to share and promote ways to support your mental health every day.



Cannock and Stafford MHST held an event around mindfulness activities in order to relax - including some calming exercises and gentle yoga!

OUR AUTUMN COMMUNITY EVENTS

Over the half term break, our teams in Cannock, Lichfield, Stafford, Tamworth, and East Staffs hosted Halloween-themed community events centred around wellbeing. Check out some of the activities we got up to!

TAMWORTH & LICHFIELD

CANNOCK & STAFFORD

BURTON & UTTOXETER

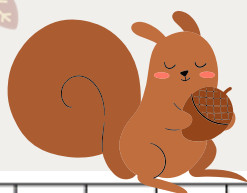




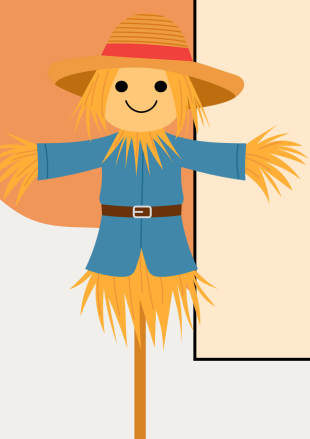
MINDFULNESS PUZZLES

Autumn Wordsearch

Take a moment to recharge by having a go at this Autumn themed wordsearch,



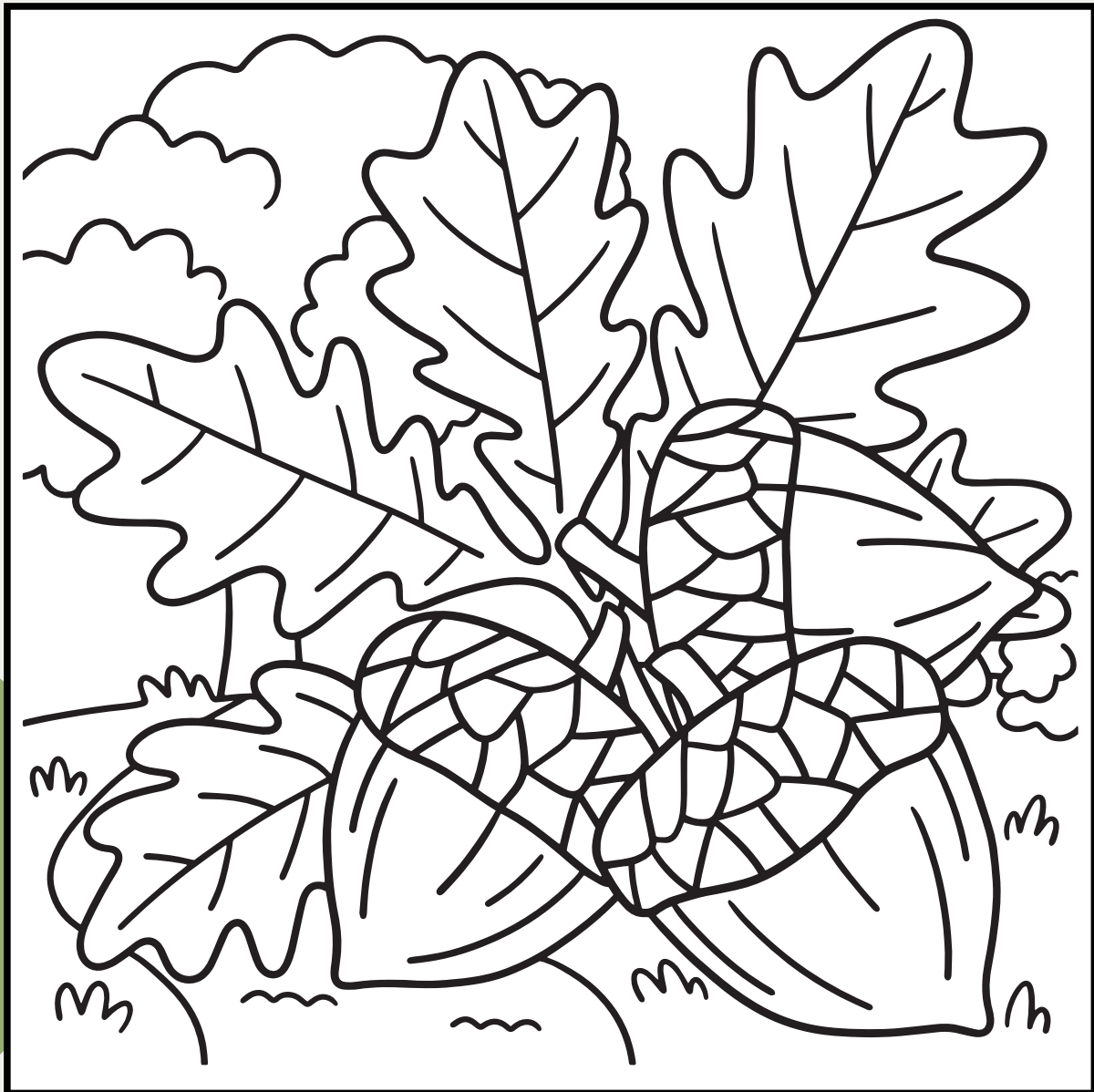
A	Q	D	C	F	G	J	K	L	O	U	Y	T	T	R	E	E
Y	H	U	L	P	H	A	R	V	E	S	T	M	N	G	H	J
R	A	F	Y	U	R	N	J	K	N	Q	F	H	H	J	E	X
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K	L	U	U	L	W	S	A	R	L	I	P	U	Q	S	T	Y
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T	E	K	Y	R	C	R	E	L	B	E	N	B	L	O	B	T
J	E	I	K	M	O	E	B	E	I	L	C	O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



- Word List:
- pumpkin
 - leaves
 - acorn
 - squirrel
 - halloween
 - scarecrow
 - hedgehog
 - trees
 - harvest
 - bonfire
 - fireworks
 - blanket



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 H
S

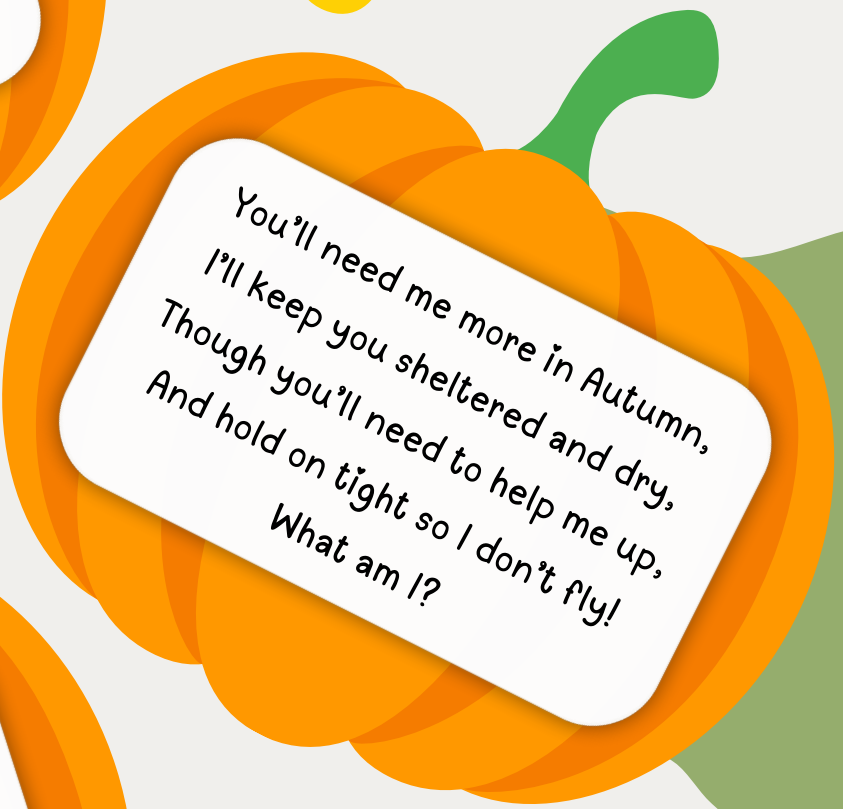


What am I?


Read through the cryptic descriptions to see if you can find out the mysterious autumn objects are!



I need darkness to appreciate my beauty,
I can be various shapes and colours in the sky,
People may gather in big crowds to see me,
I can be really loud at times, crackle and pop!
What am I?



You'll need me more in Autumn,
I'll keep you sheltered and dry,
Though you'll need to help me up,
And hold on tight so I don't fly!
What am I?



I am round and crunchy,
I'm eaten mainly in autumn,
I have an extra sweet layer,
A stick can be found through my middle...
What am I?

MINDFULNESS ACTIVITY: AUTUMN SENSES



Take a mindful break and step outside,
Allow your senses to be your guide.
Look at the colours, the leaves on the ground,
What can you hear? Notice the sound.
Pumpkins, acorns and branches from the trees,
What can you touch? Give it a squeeze.
Breathe in the cold air, notice the smell,
Stay in the moment and try not to dwell.
Finish with a snack, savoury or sweet,
You've done so well, you deserve a treat!

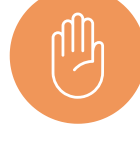


54321 EXERCISE



What are 5 things you can see?

- 1.
- 2.
- 3.
- 4.
- 5.



What are 3 things you can touch/feel?

- 1.
- 2.
- 3.



What are 2 things you can smell?

- 1.
- 2.



What are 4 things you can hear?

- 1.
- 2.
- 3.
- 4.



What is 1 thing you can taste?

- 1.

MINDFULNESS ACTIVITY: BRAIN DUMP LEAVES

Cut out the leaves on this page. On these leaves, write down all of the thoughts that are going on in your head. Gather them up and throw them into the air! Imagine all of your thoughts leaving your brain as you throw them.





CALENDAR OF EVENTS

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



NOVEMBER



Remembrance Day



Anti-Bullying Week



#chooserespect



Social Media Kindness Week



DECEMBER



Christmas Jumper Day



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/>

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/>

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/>



WE WANT YOUR FEEDBACK!

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



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