



# MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter

Autumn  
EDITION  
2024

*"Mental health is not a destination but a process. It's about how you drive, not where you're going."* - Naomi Shpancer

Throughout life and from moment to moment our mental health and wellbeing can fluctuate and change. It is not linear or direct, and varies from person to person. We want to help your young person and your family to navigate that journey, by limiting barriers and giving useful strategies to help you make it as smooth a journey as possible. Please read on for top tips, activity ideas and information to assist you.

## Anti-Bullying Week

Monday 11th November - Friday 15th November

The Anti-Bullying Alliance organise Anti-Bullying Week each year to raise awareness and actively tackle bullying within schools. Bullying negatively influences mental health and wellbeing, with long term impacts into adulthood.

Research has found that adults who were bullied as children are more likely to:

Be unemployed  
Earn less money  
Experience a range of mental health issues  
Be obese  
Leave school with no qualifications  
Not be in a stable relationship



This year's theme is **Choose Respect**. Adults and children are encouraged to take part in **Odd Socks Day** on Tuesday 12th November to show that we are ALL unique and different, and to remind one another to be kind and respect each other's individuality.

As a parent/ carer, you are a vital piece of the puzzle in tackling bullying. You have a unique role in supporting your child through school. There are many positive steps you can take to keep your child safe from bullying.

Further information, including an Anti-Bullying parent/ carer pack, can be found by clicking below:



Parent/ carer pack



## It's Good To Talk

Giving our children & young people opportunities to open up is one of the most effective ways to support their well-being.

You can't 'fix' everything when your child is struggling, but you can make them feel seen and understood and this can help them to feel more able to cope.

But talking isn't always easy. You might be thinking...

Making talking about how their day has been and what's on their mind a part of everyday family life shows your child you are interested in them and want to listen. It also helps them to practise thinking and talking about their feelings, helping them to get to know themselves and what they need.

Where do I start?  
When is a good time?  
What if I make things worse by saying the wrong thing?

### Top tips

Your child doesn't need you to always get it right - they just need to know you're there!

#### Talk while doing an activity

Children may find this easier. It takes the pressure off because they don't have to sit still or make eye contact. Having something to do with their hands to focus on can help some young people to reflect or think more clearly.

#### Try a conversation starter

- What was the best/worst part of your day?
- How are you feeling?
- You don't seem your usual self today. Would you like to talk about anything?
- You look sad/worried. Do you want to chat about it? Is there anything I can do to help?



Further information can be obtained here: >>>



## Cozy autumnal activities



Click the icons for more

As the colder months draw in and more time spent inside, it may become harder to spend quality time as a family. Make the most of the season with these cozy autumnal activities...

### Confidence Jar

Create a jar with your child full of positive affirmations, achievements or compliments. Your child could decorate the jar however they like! Whenever they feel they need it, they can pull out a slip to remind themselves of their strengths and accomplishments.



### Scavenger hunt

Create a list of items to collect (inside or outside). These could be themed for Autumn, e.g. red leaf. Give 10 minutes to collect as many as possible. Whoever collects the most wins!

### Movie night

Pick your favourite snacks, take turns to choose a film, sit back and relax! With Christmas coming up, why not make this themed?



**Bonus activity:** can you make a piece of artwork using your items?

## Myth Busting...

**MYTH:** Talking about suicide increases risk and puts ideas in people's heads.

People worry that even mentioning suicide could make a person think thoughts they weren't having before.

Exposure to strongly dramatic, sensationalist, or emotive information about suicide can create negative outcomes. However, open, calm, understanding conversations aimed at proactively *managing risk* using *reliable information* is protective and reduces stigma.

**FACT:** People already having these thoughts may be relieved that somebody asked and wants to help them. People not having these thoughts learn it's not dangerous to have open conversations.

Click here for the YoungMinds Parent Guide to Suicidal Thoughts

Need Support for yourself? Call 116 123 for free or email [joesamaritans.org](mailto:joesamaritans.org) to speak to a Samaritan



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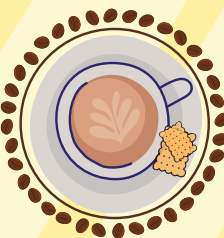
 Upcoming Parent Webinar:

Self-harm Awareness  
19th November 2024 at 6-730pm  
Via Microsoft Teams.

Meeting ID: 356 196 998 374  
Passcode: 58o6ME



Follow this QR code or use the meeting details to join on the night

 Care for a Cuppa

This is a virtual social support group offered exclusively to parents/carers of children and young people being supported by our team whilst they are on our caseloads. It is a safe space for parents/carers to meet, share experiences and support each other.

Please look out for emails from your assessing clinician as to when the next session will be so you can attend.

Parent Voice & Feedback...

Really loved this group been really supporting and helpful I definitely feel a lot better as a parent knowing I'm not the only going through this.

Really found the course very useful and informative to reassure me that we are thinking and supporting along the right lines.

Youth Voice & Feedback...

Normalise, talk in depth, validate, and make us feel comfortable

Listen to us. That is the main thing. Then try to understand our feelings from our perspective

## Referral Information

**If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...**



Follow this QR code for the online self-referral form.

**Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.**

**This helps the MHST get your referral as promptly as possible.**

Find out more about the MHST and look at resources on our webpage: **CAMHS - Mental Health Support Teams**

Find Notts Healthcare Mental Health Services online...



[bit.ly/37qtfoZ](https://bit.ly/37qtfoZ)



<http://>



[bit.ly/37xsn1P](https://bit.ly/37xsn1P)

## Useful Contact Details

ChildLine: 0800 1111  
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0808 1963779  
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies