

The Mental Health Support Team

Monthly Newsletter
November 2020

Welcome to our monthly newsletter! After the newsletters provided to you during lockdown and the summer, we have decided to continue sharing resources for students, parents and carers to support wellbeing during these uncertain times!

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing: <https://bit.ly/wayswellbeing>



Mental Health Support Team Podcasts & Videos!



MHST has created some podcasts and videos on a range of topics. You can find them here:

<https://www.dropbox.com/sh/9o78utstt9avxse/AAC-JbP9bVqsX7e1T9-Q432Wa?dl=0>

The idea of another lockdown may be very daunting for some of you. You may be worried and anxious about this especially if others aren't having to isolate. Below are some links to useful resources that may make you feel more positive if you do have to go back into a lockdown.

Partnership for Children Lockdown Activities

This website contains links to worksheets that can help you with difficult feelings you might experience during lockdown.

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

First Aid for Feelings

This workbook will help you to think through the feelings you are having around the coronavirus, whether you are in lockdown or not. http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf

Isolation Diary

A two week isolation diary with fun challenges to complete if you have to self-isolate at home.

<https://www.elsa-support.co.uk/isolation-diary-booklet-for-children/>

Good Day in Unusual Times Story

This is a short story that you can read about coronavirus. It also contains some activity ideas.

<https://www.annafreud.org/media/11441/good-days-in-unusual-times-book.pdf>

CAMHS Resources And Stories

This link contains resources for you and your parents, with a mixture of activities and stories for you to read when you are feeling worried about the coronavirus. <https://www.camhs-resources.co.uk/coronavirus>

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October has been Domestic Violence Awareness Month (DVAM).

- **Domestic violence** is a serious violent crime that includes both physical and emotional abuse. While we have all been tested by the events of the last few months, most of us have found our homes and families a haven of peace and security, this is not the case for those parents and children suffering and witnessing abusive behavior.
- The risk of further lockdowns increases the risks of families being exposed to domestic violence. Abuse can cause extreme anguish and mental distress, remember there is support out there and nobody deserves to be made to feel scared in their own home.

Below are links to various helplines and support networks:

The 24/7 National Domestic Abuse helpline, which offers support to victims and people affected by domestic abuse, is free to call on **0808 2000 247**.

The Respect Phone-line provides confidential advice and support to help perpetrators stop being violent and abusive, and is free to call **0808 8024040**

Men's Advice Line: 0808 801 0327 a confidential helpline for male victims of domestic violence and those supporting them www.mensadvice.org.uk.

As we face continuing uncertainty and risk of falling back into possible lockdowns, it is important to take time for yourself and your own needs. Be kind to yourself and your family members, focus on the positives and try not to worry about things you can't control.



Top tips for Parents



- Try not to shield your child from the news, it's inevitable they will see or hear something with the amount of information on the internet. Ask your child about what they're seeing or hearing online and think together about reliable sources of information.
- Talk to your child about what's going on. Find out how they're feeling and what they're thinking about, let them know it is okay to feel scared or unsure, and reassure them that this will pass.
- Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
- Keep as many regular routines as possible, so that your child feels safe and that things are stable.
- Spend time doing a positive activity with your child. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
- Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

<https://www.youtube.com/watch?v=Je9mWfKZYu4> this YouTube video has all sorts of tips on parenting and promoting good behavior in your children during lockdown.

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Bonfire Night is coming up soon! Why not try some mindful coloring?
Try to be present and in the moment whilst doing this activity.



Outside Links

Childline: under 19s can call **0800 1111** for free, confidential support

SHOUT: text 'shout' to **85258** for 24/7 crisis text support

Emerging Minds: <https://bit.ly/EMAnxiety>

[Self Care](#) Ideas for Children

Supporting Parents who are Worried About Their Children's Well-being during Lock-down [Booklet](#)—Guidance for discussing worries, wellbeing tips and more!

CAMHS Oxfordshire: www.oxfordhealth.nhs.uk/camhs/oxon/

It's a crisis

If it's an emergency, phone 999
This is if your child's life or the life of another child or young person is at immediate risk

Call the Oxfordshire and Buckinghamshire Mental Health Helpline if you need help with a mental health problem. This number replaces 111 for mental health advice in Oxfordshire.

- For children and young people call 01865 904 998