

NEWSLETTER

Mental Health Support Team

MHST



WORLD MENTAL HEALTH DAY

The World Health Organisation recognises World Mental Health Day on **10 October** every year. This year's theme set by the World Federation for Mental Health is 'Mental Health in an Unequal World'.

THIS MONTHS THEME: MENTAL HEALTH

To coincide with World Mental Health Day we thought a Theme of Mental Health would be very appropriate. In this issue you will find our usual pieces alongside some specific information and resources relating to Mental Health - What is it and how can we support ourselves and each other in being 'mentally healthy'. We have also included some links to resources on getting support should you feel you or your young people need more specialist support services

MEET THE TEAM



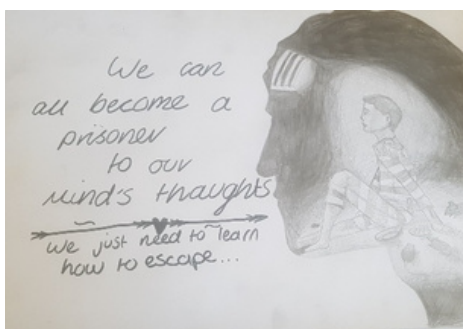
Hi my name is Kim and I work for the MHST in HRRV.

I really enjoy talking to young people and hearing their stories!!! In my spare time I love to watch Netflix and go to the cinema.

Hi I'm Alex and I'm a Education Mental Health Practitioner, it is my job to work with children in schools, on a 1:1 and group basis to address any mild to moderate mental health difficulties such as worry, low mood and anxiety. As part of the primary school team, early intervention and prevention is a huge aspect of my job and if we can keep as many children as possible in a mentally well state, the impact could be life-changing.

YOUNG PERSONS GROUP

One of our fantastic Young People - Charlotte Aged 16 has drawn an image to illustrate what life can feel like when living with Depression/Anxiety and experiencing Negative Thoughts. Charlotte expressed that some people may feel like a prisoner in their own minds and she was eager for people of all ages to get support in 'escaping' this prison.



Millions of people all around the world suffer with mental health difficulties each year. In England, **one in four adults** and **one in 10 children** experience mental illness, and many more of us know and care for people who do. (NHS). Many different life experiences or situations can affect our mental health. For example, poverty, trauma, high levels of stress, relationship difficulties to name just a few. In recent years, mental health has been spoken about much more widely than before; partly to **raise awareness** and **reduce stigma**, but also to help people to manage their mental health. Thankfully, people are beginning to speak more openly about their mental health and understand sometimes seeking help is necessary to manage it effectively. When people experience mental health difficulties it can affect how they think, feel and behave. Below are some of the common Mental Health difficulties:

Depression/Low Mood

Depression is when a person has experienced low mood for a period of weeks or months. They may feel hopeless, low motivation or interest in doing things, change in sleeping habits, be irritable, experiencing low self-esteem, change in appetite. People can experience different symptoms, not everybody will experience the same ones

Anxiety

We all experience some worry at times, but sometimes if we are experiencing excess worry it can impact on our day to day lives. We can experience physical symptoms such as feeling shaky, shortness of breath, hot or cold, faster heart beat or nausea. We may have 'what if' thoughts and picture scenarios of what may happen, this can make us feel more anxious in situations.

Eating Disorders

Eating disorders are where people aim to alter or control their food intake to deal with difficult emotions or situations. People with an ED may experience low self-esteem and poor body image. Sometimes people may have body dysmorphism where they think they look different to how they actually do; this can concern their size and/or shape. The most common eating disorders are Anorexia Nervosa, Bulimia and Binge Eating Disorder.

Obsessive Compulsive Disorder (OCD)

People with OCD experience recurring thoughts, sometimes called intrusive which they try to make better with repetitive/compulsive behaviours. These thoughts can cause the person high levels of distress and impact on their daily lives.

What is good mental health?

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health. Staying on top of our mental wellbeing is good for us now but also helps us deal manage difficult times in the future. Over time, it can also reduce our risk of physical health problems.

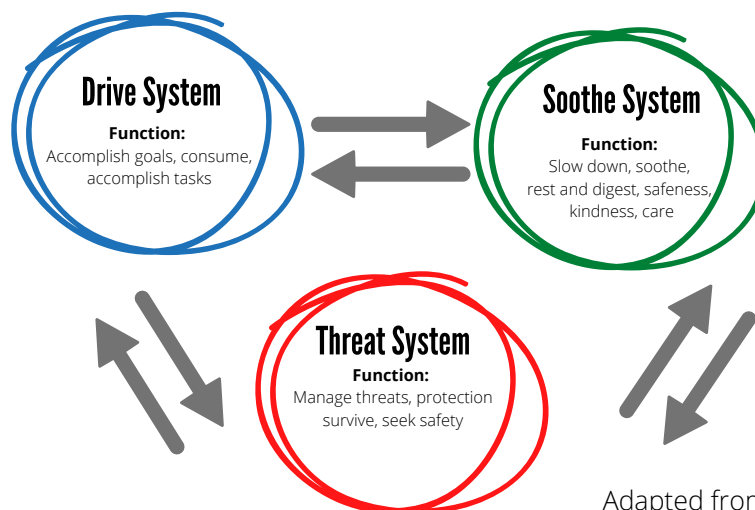


Self-care is a way of taking care of yourself and managing physical and mental wellbeing. If you or a loved one is experiencing mental health difficulties it is always advised to seek professional help. However, everyone has mental health, like we all have physical health and self-care can help us manage both.



THREAT, DRIVE AND SOOTHE SYSTEM

In Compassion Focused Therapy, they work on the theory we have an emotion regulation system separated into 3 parts: Threat, Drive and Soothe. In our day to day lives we usually work between the Threat and Drive system to manage our emotions, with the Soothe system not often being stimulated. Self-care can help us stimulate the soothe system, making us feel calmer, more present and happier.



Adapted from Gilbert (2009) and NICABM

SELF-CARE ACTIVITIES

It is always important to find something you enjoy for self-care. Partaking in activities which you feel you have to only decreases the effect and your motivation to do them!

Below is a list of self care activities which can help to stimulate your Soothe System:

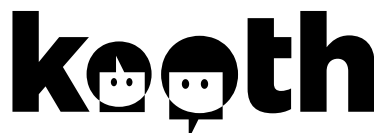
- Deep breathing exercise
- Have a warm bath
- Listen to relaxing music
- Mindful colouring activities
- Body scan relaxation (plenty of examples on YouTube).
- A walk in nature
- A cuddle with a pet



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Signposting

Double click any of the images to take you to the website for more information



Meeting ID: 847 2956 1750
Passcode: naXC12

Parent Participation Group (Secondary Schools in BwD).

Our 2nd meeting will be held on **Thursday 21st October from 6pm** (Via Zoom)

The aim of the meeting is to discuss how we can best engage parents/carers in developing the MHST and the developments of a Parent Support Group. We greatly value your feedback and support so are hopeful that you will join us!

Whilst we are opening up the Parent Support Group for **Parent/Carers of secondary Students in BwD** initially there are plans to open this up to other areas and we will keep you up to date on any developments



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