

DORSET MENTAL HEALTH SUPPORT TEAM IN SCHOOLS NEWSLETTER

BCP SUMMER 2023



More Inside This Newsletter

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- ★ Free resources to prepare for school transition
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ABOUT US

Mental Health Support in Schools Teams (MHST) are part of a joint national initiative between the Department of Education and NHS England to improve access to psychological therapies for children and young people presenting with emerging low mood and mild to moderate anxiety within an educational environment. The core key functions of the team are:

- 1** Evidence based interventions for mild to moderate emotional and mental health issues
 - Individual/face to face
 - Group work
 - Group parenting classes
- 2** Supporting the designated Mental Health Lead in each school/college to introduce or develop a whole school/college approach to emotional wellbeing
- 3** Giving timely advice to school and college staff, signposting and liaising with external specialist services to help CYP get the right help and support



Find out more: bit.ly/dorset_mhst


MHST staff have been busy across our schools in BCP this term, delivering workshops to support year 6 pupils with the transition to secondary schools in September. This can be a time of worry for both children and their families so this year we also offered parent/carer workshops in our schools to support your child with making the move to year 7.

As part of our work across the summer, we are also offering spaces to parents/carers in our workshop 'Supporting Back to School'. These are running at 3 locations across BCP in August.

We have also delivered lots of activities to support our younger years – story time has been a big success in many schools this term. Using story to explore our emotions and help young children develop vocabulary to talk about their own mental health and wellbeing is so important in helping to establish a healthy understanding of how our feelings can affect us.

We look forward to working with lots more children, young people and families across our schools in BCP in the autumn term, and wish you all a wonderful summer.

Coming soon: Webinars for parents and carers to support with areas of mental health and wellbeing. Email dhc.mhstbcp.webinars@nhs.net to join the mailing list!



The flyer features a yellow background with a blue wave at the bottom. At the top left, there is a logo with four interlocking gears labeled M, H, S, and T. The main title is 'Summer Holidays Parent/Carer sessions' in bold black text. Below the title, it says 'Face to Face - Drop in' and 'Book your slot via EventBrite'. A table lists three dates in August with their respective times and locations. At the bottom, there is a 'COMING SOON' badge, an email address for sign-up, a 'SIGN UP' button, a QR code, and a URL to the EventBrite page. A small disclaimer is at the bottom left.

Date	Time	Topic	Location
22nd Aug	1pm - 4pm	Supporting back to school	Somerford Children Centre Draper Road, Christchurch, BH23 3AS
23rd Aug	10am - 1pm	Supporting back to school	49 Stokewood Road (behind leisure centre)
25th Aug	09.30am - 12pm	Supporting back to school	Branksome Family HUB 350 Poole Rd, BH12 1AW

COMING SOON Online events
Email us to join our mailing list for events
dhc.MHSTBCP.Webinars@nhs.net

<https://mhst-bcp.eventbrite.com/>

bit.ly/dorset_mhst

BOOK NOW VIA EVENTBRITE

*We only work with identified education settings within Dorset. Please see our website for a list of where we work or give us a call

SCHOOL TRANSITION

Learning about change and how to cope with it will help you and your child with this particular transition, as well as helping you and your child to recognise the strengths you both have to deal with and prepare for many other changes and challenges you will face in life.

It is important for children and young people to have a chance to try out different coping skills and methods and find the ones that work for them.

The following top tips and activities will help them to understand how to get through this new part of their life and how to look after their mental health at the same time.

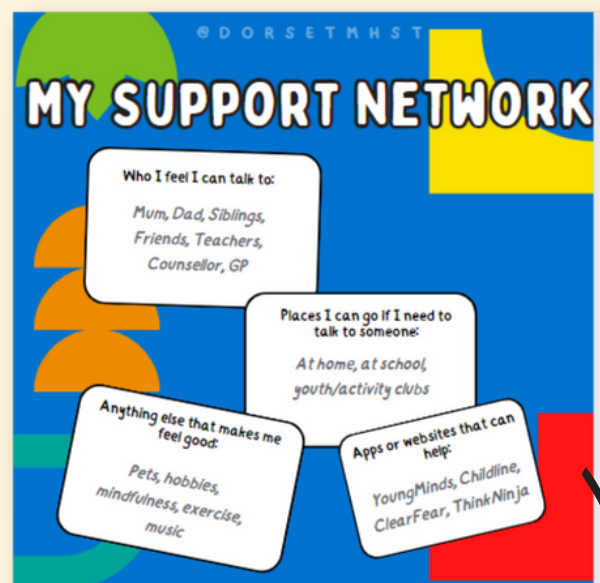
ACTIVITY ONE: SUPPORT NETWORK

A support network is a group of people (or pets!) who we have in our lives, who provide support, advice, or sometimes just listen to us when we need someone to talk to. Talking to them can help us to solve a problem, or just makes us feel better.

Sometimes when we go through a new change, or have feelings we might not completely understand, it can feel very lonely. Identifying people in our support network can remind us that there are people in our lives to support us, and we can reach out to them when we need to.

Head to bit.ly/MHSTSupportNetwork to download the free resource to complete your own support network.

make your own!



bit.ly/MHSTSupportNetwork

ACTIVITY TWO: SPOT YOUR STRENGTHS

Our personal strengths are the things we are good at, whether that's because of a natural ability or through lots of learning and practising. They can be creative activities, or sport related. They can also be simple things, such as being a good friend, or a good listener – we are all good at something!

Try downloading this worksheet by heading to bit.ly/BestAboutMe and completing it, some parts might be difficult so why not complete this activity with friends or loved ones and help each other recognise the best things about yourself.



complete yours today!
bit.ly/BestAboutMe

Remember, you are you and that is what makes you amazing

ACTIVITY THREE: WORRIES & EXCITEMENT

Change can bring lots of different feelings with it, but this activity will show us that although we may have worries, there are also things to be excited about too!

Being aware of how the move to secondary school makes us feel can help us to understand how to look after ourselves and our mental health. Looking at things that we are worried about, as well as the things we are looking forward to, can help us to see that change can bring positive experiences too.



bit.ly/WorriesAndExcitement

ACTIVITY FOUR: THE WORRY TREE

The worry tree is a really useful tool to help children and young people organise their worries into practical (worries we can do something about) and hypothetical worries (worries we cannot do anything about).

notice the worry

what am i worrying about?

can i do anything about this worry?

no

yes

let the
worry
go

make a
plan

when?

now

later

do it!

decide
when

let the
worry
go

let the
worry
go

change the focus of attention

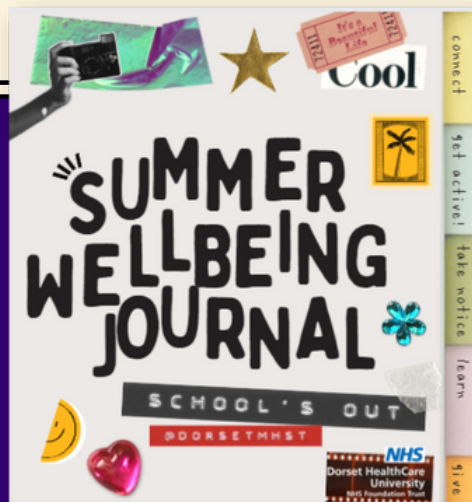
SUMMER WELLBEING JOURNAL

That time has come for the summer holidays ☀️

Our Summer Wellbeing Journal is full of tips and tricks on how to stay happy and healthy over the summer following the five steps to wellbeing: connect, get active, take notice, learn and give. Download via the link in our bio or head over to bit.ly/SummerWellbeing

With the summer holidays comes a sudden change in routine and it can be great staying up a little later and doing fun things you enjoy but for some people it can be difficult to adjust to the lack of routine and structure in their day. We have created this Summer Wellbeing Journal to help you stay happy and healthy with all your free time over the summer.

From Dorset MHST we want to wish you all a lovely summer holidays and keep an eye out on our social media pages as we will still be creating and posting content.



Take a look at our social media channels for more ideas, tips and activities to keep you busy and feeling good.





@DORSETMHST





EXAM RESULTS


This can be a worrying time for many and it is ok to feel like this. We just wanted to remind you of a few things:


 Firstly, it's a huge achievement to finish school and you should be proud of yourself for reaching the end of a chapter. Congratulate yourself for all the hard work and dedication you have put in throughout your time at school.

 Take care of yourself, it can be nerve-wracking leading up to results day and it is important to make sure you are still getting enough sleep, eating healthily and exercising. Making sure we get enough sleep, eating well and exercising can help reduce stress and anxiety.

 Recognise that the tests are done, you have completed them so you can't do anything about them now. Worries will come into your head and it is important to notice these, you might even like to write them down but then try to distract yourself from the worries by doing something you enjoy, for example, reading a book or watching a movie. Remind yourself that you have tried your best and that is all anyone can ask.

 You have worked so hard you deserve to celebrate! Have fun things planned in your diary.

 If you find your thoughts becoming more negative around results day this is normal. When we are feeling low or worried about something our thoughts tend to be more negative but it is important to remember thoughts are just thoughts, not facts. You have the control to change the negative thoughts for positive ones.

 On results day have people around you who are supportive of you and don't keep your feelings inside talk about how you feel.

Remember, whatever happens you will be ok, there will be people here to support you such as your teachers, parents and college tutors. There will be lots of options you can take.

If you are struggling with your mental health please reach out to get the right support. Speak to your family or your GP. SHOUT also have a free 24 hour texting service. Text 'SHOUT' to 85258 and a professional will be there to support you.



Call 0300 123 3393
9am-6pm Mon-Fri



Call 0808 808 4994
4pm-11pm every day

childline

Call 0800 1111
Open 24/7
121 online chats: childline.org.uk

SAMARITANS

Call 116 134
Open 24/7

HELPLINES OPEN OVER THE SUMMER HOLIDAYS

@DORSETMHST

shout

85258

Text Shout to 85258
Open 24/7



Call 0800 58 58 58
Open 5pm-midnight every day
webchat: thecalmzone.net

connection

Call 0800 652 0190
Open 24/7



Dorset HealthCare
University
NHS Foundation Trust

