



MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter



"Summertime brings with it a sense of adventure and possibility" -Imagzy

The summer break marks a time for change and new beginnings. For some it is the promise of exciting opportunities and for others it is an uncertain challenge. Enjoy all that summer has to offer and remember the MHST is only a call or click away if you require some support.

Exam Results

A lot can hinge on exams; future plans and meeting expectations and the wait to receive results can evoke a range of emotions. To make the wait less stressful you could talk and listen to your young person, provide distractions, be present, try to remain calm yourself and react conscientiously.

For more guidance please visit



If your young person did not get the results they hoped for, you can support them by:

- Acknowledging it is alright to be disappointed.
- Reminding them that although exams are important, they are not the only key to a successful future.
- Reassuring them that if they didn't get the results they wanted they still have options.

Further information and guidance can be accessed here:



Mindfulness

Mindfulness is a technique you can use to notice what is happening in the present. You can use your senses and surroundings to take notice of what is happening within your body and around you in the moment.

This practice enables you to accept without judgements and enables you to reach a state of calm.

Practicing mindfulness can reduce stress, improve your wellbeing and mood.

Maybe you can bring some calm to the holidays by practicing some mindfulness within your everyday activities and with your children.

Please click on the icon
to access more information



Parent Corner

Spotlight on Transition



Summertime is a time of change; change in class or year group, change in teachers, even a change of schools. For some it means leaving school to embark on new adventures. This time of change can be challenging and it can be difficult to know how best to support your young person through this. A young person that does not want it to happen, or do not feel ready for it may feel that what is happening to them is out of their control and become distressed. If you feel your young person is struggling you can support them by:

- Remaining curious
- Normalising their thoughts/feelings,
- Empathising
- Refraining from over reassuring.

Further information can be obtained here:

Please click on the icon to access the webpage

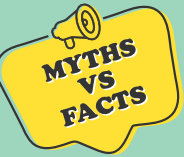




MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter



Myth Busting

The MHST do not work during the summer.

Incorrect. We work all year round. In term time and out of term time. We provide full service support during the summer holidays.

Referrals are not accepted by the MHST during the summer

Referrals are triaged and accepted all year round. When we accept a referral you will receive support from the MHST.

Referrals into the MHST have to be completed by school

We also accept self-referrals. You or your young person can refer into our service.

Parent Workshops and Courses we offer...

| Primary: | | Secondary: | |
|--|---------------------------|---|--------------|
| Workshops | Courses | Workshops | Courses |
| Children's Emotional Health & Wellbeing, | Managing an Anxious Child | Understanding Your Teen | SEND Anxiety |
| | Forever Families | | |
| | SEND Anxiety | | |
| Sleep hygiene Video (KS 1&2) | PART | Children's Emotional Health & Wellbeing | PART |
| | | Sleep | |

If you are interested in any of the above workshops/courses please enquire within school or contact the MHST.

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



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: 0115 844 0560
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies