



# MHST Darlington

## Newsletter

## Autumn 2022

### WHAT DO WE DO?

- Early intervention for young people in schools.
- Work with school staff to build a whole school approach to mental health.
- Act as a link between schools and local mental health services.
- Offer advice, support and signposting information.

### AUTUMN TERM

We hope that the new term is going well so far. As the nights are drawing in, it can sometimes feel hard to get out and enjoy the fresh air, which is so beneficial for our well-being. Here are some fun ways of enjoying the outdoors in autumn:

- Catch and crunch the autumn leaves.
- Collect natural materials to create pictures.
- Make a campfire and toast marshmallows.
- Stargaze on a clear night.
- Put on your wellies and puddle hop.

### WORLD MENTAL HEALTH DAY 10 OCTOBER 2022

The theme this year, set by the World Federation for Mental Health, is 'Make mental health and wellbeing for all a global priority'.

Hello Yellow Day is about making World Mental Health Day big, bright and wonderful. Our Team is involved please attached poster for details.

### PARENT CARER FORUM PEER SUPPORT GROUPS

We work closely with the Parent Carer Forum in Darlington who are a group of parents and carers of children with additional needs and/or disabilities.

Follow the Together for Better – Darlington Parent Carer Forum Facebook page for further details - <https://www.facebook.com/TogetherforBetterDarlington/>



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## USEFUL TRAINING COURSES

Our child and adolescent mental health services (CAMHS) offer free online training for parent/carers.

- Wednesday 19 October 2022, 9.30 am – 11.30 am – **Understanding and managing anxiety and emotionally based School avoidance.**
- Wednesday 16 November 2022, 9.30 am – 11.30 am – **Emotional Well-Being. What is it and how can we improve it for ourselves and our children?**
- Tuesday 6 December 2022, 9.30 am – 11.30 am – **Understanding and managing anxiety and emotionally based School avoidance.**

Please email enquiries for the parent/carer session dates to [tewv.countydurhamcamhstraining@nhs.net](mailto:tewv.countydurhamcamhstraining@nhs.net)

## HELPFUL APPS

Calm Harm is a free app designed for young people to help manage or resist the urge to self-harm. Choose activities from the following categories; **Comfort**, **Distract**, **Express Yourself**, **Release**, and **Random** or choose a breathing exercise to help be mindful and stay in the moment, regulate difficult emotions, and reduce tension.

Catch It is a free app which uses CBT techniques helping you to look at negative thoughts and aid you in changing them into positive thoughts. The app assists in tracking mental wellbeing and behaviour.

ChillPanda is a free app which helps younger children to understand anxiety and shows them ways to feel better by teaching breathing techniques, yoga poses, exercise and calming games.

Cove is a free app where you can create music to capture your mood and express how you feel.

Headspace mindfulness app for all ages. The app includes guided mindfulness sessions, sleep guides, music and yoga poses.

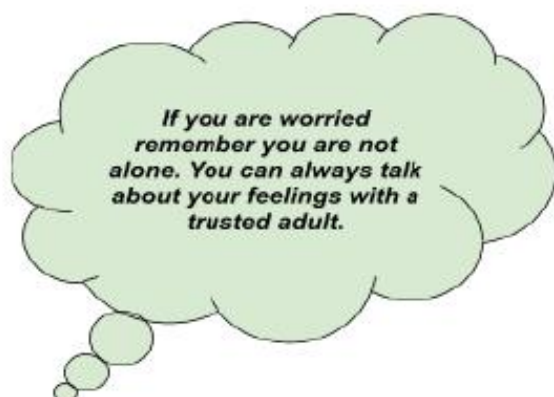
**In the event of a Mental Health Crisis please call 08000 51 61 71**



## World Mental Health Day 2022

Every year on the 10th October The World Health Organisation calls it World Mental Health Day.

This day lets us talk about mental health and how we need to look after our own, learn why it is important to talk about our feelings and get help when we need it.



Ways you can celebrate World Mental Health Day:

1. Practice Self Care- you could read a book, go outside, do something you enjoy like football or drawing!
2. Say something kind to a loved one.
3. Smile at a friend.

Can you take part in the Hello Yellow Challenge this World Mental Health Day? It's the small things that can make both our day and someone else's day better. See if you can complete the Young Minds challenge. How many acts of kindness can you complete today?

### Take part in the **#HelloYellow** Challenge

Sometimes it's the little things in life that we often take for granted which make all the difference and brighten up our day. That's why this year we want to give your students a challenge! Can they complete these three little acts of kindness to brighten someone's day and spread some joy?

#### The three step #HelloYellow Challenge:

Tick the box once completed

**1** Say something kind to a teacher

**2** Wave and smile at a friend

**3** Tell a joke to try and make someone laugh!

Don't forget to encourage donations. Students may want to ask their parents to donate £2 for each action they complete on #HelloYellow day, or even set up their own fundraising page and connect it to our campaign ([justgiving.com/campaign/helloyellow2022](https://www.justgiving.com/campaign/helloyellow2022)).

You can download the #HelloYellow Challenge to share with your class in our #HelloYellow Resources Hub <https://www.youngminds.org.uk/ny-resources/>.