

# MENTAL HEALTH SUPPORT TEAM

TERMLY NEWSLETTER TO PROMOTE MENTAL HEALTH AND POSITIVE  
WELLBEING

**AUTUMN TERM - ISSUE 1- SEPTEMBER 2021**

## Welcome Back!

*Hello and welcome back to this new term of school! If you haven't had a chance to meet one of us yet, we are the Mental Health Support Team (MHST for short) and we are a brand new NHS service in your school created to support young people with anxiety, worry, low mood and stress, as well as support and promote positive mental health. We do this via 1:1 sessions, group work, delivering assemblies and presentations on topics such as exam stress. Our team is made up of Education Mental Health Practitioners (EMHPs) called Belle, Lorraine, Ryan and Sarah. Feel free to say hello if you see us around your school!*

## The 5 Ways To Wellbeing: Connect

*Have you ever wondered how to look after your mental health? The 5 Ways To Wellbeing- Connect, Be Active, Take Notice, Keep Learning and Be Creative/Play- are a great way to improve your mental health. Each MHST termly newsletter is going to focus on one of these areas- this term we are looking at Connect.*

Connect

Be  
Active

Take  
Notice

Keep  
Learning

Be  
Creative  
/Play

*Starting school again in the Autumn and moving up a year can be scary, stressful and worrying. However, this time does create opportunities to connect with those around you. Three ways you can try connecting with someone this term are:*

Message someone  
you haven't  
spoken to  
in a while

Spend time with  
a loved one  
you know  
needs some  
support

Bake some treats  
and share  
them with  
your class

Our  
favourite idea!

[Click here for more information on the 5 Ways To Wellbeing.](#)

# Moving On Up

The transition from Primary to Secondary School or moving up a year can be really challenging. The impact Covid-19 has had on your education has also made these transitions even more difficult. Most Year 7's were not able to visit their Secondary School before the start of term, and may have only seen videos of their new school. The unknown of the year to come and the increased workload could also make many of you older students feel anxious. Change can be scary, but it is an important part of life. The MHST have come up with some top tips to help you moving up:



**Keep talking about how you feel**



**Have a decent breakfast**



**Create a routine e.g. packing bag night before**



**Meet friends on the way to school**



**Display school timetable in your room**



**Join a school club**

[Click here for a helpful video for students starting Year 7.](#)

## Recommended Resource

### **Clear Fear App:**

Sometimes when we are becoming worried or anxious the feelings are strong and we don't know what to do.

Clear fear allows you to face your fears through distraction, thought challenging, releasing emotions and techniques to help with physical symptoms of anxiety.



## Additional Support

**Talk to your teachers if you feel you would like some support from the MHST.**

### **Kooth:**

Free online chat and counselling for those 11-25

### **Pause:**

Forward Thinking Birmingham's drop in wellbeing service for young people up to 25. You can register online for their groups and workshops.

### **The Mix:**

Mental health, relationship, employment and education support for young people up to the age of 25

### **#You'vebeenmissed:**

Resources to help young people with their mental health. This terms recommended resource is the Distraction Techniques worksheet.



This is what the resource looks like