



SUMMER

NEWSLETTER

2021

As both the school year and government restrictions (hopefully) come to an end, now is a good time to look back on a very different academic year and plan ahead for a brighter future.

In this edition we will focus on transitions. Starting or leaving school can be very exciting but it can come with challenges. We are better equipped to manage challenges when we are prepared.

TOP TRANSITION TIPS



Share your worries - most young people have similar thoughts about a new school.



Visit your new school - this doesn't have to be with your class, try out the route you will be taking every day - the more we do something the less scary it becomes.



Enjoy your summer! Plan some fun activities that may not have been possible last year.



Be prepared! Knowing you are well organised for the start of school will make you feel more confident.



Make a list of the things you are looking forward to about your transition - sometimes our worries make us forget the positives. Make us forget the positive things

FOLLOW OUR TOP TIPS ON THE NEXT PAGE TO FEEL RESTED AND RELAXED.

TRANSITION

To Secondary School

What a fantastic response to the Transition Training that was carried out online to support transition to secondary school. We had 6 parents, 5 teachers and approx. 175 children attend the training! That's amazing.

The Healthy Minds Team offered support to:

- Identifying worries associated with starting secondary school
- Help young people and parents/carers to recognise that it's okay to feel worried
- Know that talking to a trusted adult can help
- Help people to identify strategies and solutions to help look after their mental health, including self-care
- Give top tips (as seen above) to starting a new school and managing endings.

Let us know what training needs you have for the next academic year so we can see what we can do to support you.

– SUMMER SUPPORT –

Don't worry if you need support over the summer. In addition to the Healthy Minds Team, here are some resources and support that you can access if you need help with transition, or your mental health, over the summer.



On My Mind is a new website which aims empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire.

Co-produced with young people, the site consists of 8 free digital resources aimed at those aged up to 25.

- Youth Wellbeing Directory:** Find free mental health support from services local to you
- Jargon Buster:** Understand what medical terms and phrases mean with definitions written by other young people
- Receiving Support:** Videos and Q&A's to help you know what to expect from working with a service
- Understanding Referrals:** Know what the referral process is, how to get one and what to do if you're waiting to be seen
- Understanding Treatments:** Find out what your treatment options are and what the evidence says about each treatment
- Helping Someone Else:** Top tips from young people about how to help a friend or relative with their mental health
- Know Your Rights:** Understand what your rights are when working with a service
- Self-care:** Discover activities which may help you manage your mental health if you're feeling low or anxious

www.onmymind.info

Mixed feelings about the jump into secondary school? You're not alone!

Find free, safe and anonymous support for your mental wellbeing today.

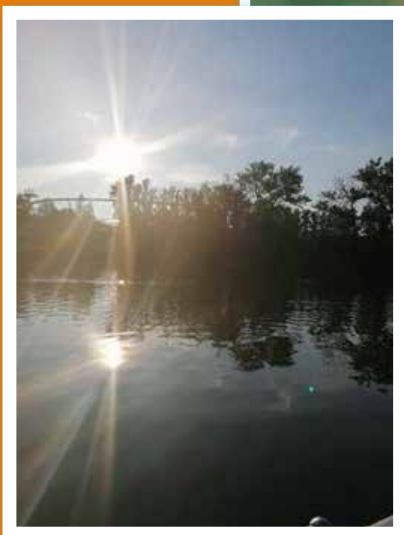
kooth

Sign up for free at Kooth.com



COMPETITION WINNER!

To coincide with the 'nature' theme of Mental Health Awareness Week, we asked for you to share your 'five ways to wellbeing'. This is Harvey and Humayal from Hadrian Primary School enjoying the outdoors. We also loved Tobias's plant.



Some lovely photography and 'taking notice' by Kinga from St Wifrids...



HEALTHY MINDS TEAM

CLIENT RESPONSES

YOU SAID...WE DID!

The Healthy Minds Team are always ready to help and provide support. Here are some responses to show how the service has had a positive impact within some of our schools.

The Healthy Minds Team has been an invaluable service during and post-lockdown. The staff have liaised closely with our school on many different levels and are only ever a phone call away. They provide endless opportunities to support and work with families and young people and their kindness and professionalism shine through.

The Healthy Minds Team is an invaluable addition to services for our young people in South Tyneside. We have found the addition of an EMHP in school extremely beneficial in being able to offer direct support to pupils, advice to staff and whole school workshops. It is great to see the mental health and wellbeing of pupils such high priority and mental health support being so widely available.

The Healthy Minds Team continues to provide a free and confidential NHS service for children, young people and families in South Tyneside. If you are a parent /carer or young person you can speak to your teacher or school staff and they will complete a request for support form. If you want support but do not want to speak to your teachers or school, you or your parents / carers can contact our Single Point of Contact team on 0191 283 2937.