Dear Parent,

Welcome to the first termly newsletter on mental health and wellbeing support at Oathall. A particularly warm welcome to our new year 7 parents. Students have made a really positive start to this academic year and are keen to learn, enthusiastic and happy. We acknowledge as a school that sometimes students will present differently to us compared to how they appear to be at home. Therefore in order to compliment the wellbeing work that we are doing with students and staff this newsletter is designed to provide you with information that could help you to support your child at home.

Mental Health Support Team - Thought-full

In October we were delighted to welcome the Thought-Full team to deliver our first parent support session 'Let's talk mental health'. The session focussed on how to communicate with your child on mental health and emotional wellbeing concerns with a specific focus on anxiety and low mood. The session was really well attended and feedback from yourselves was really positive citing 'being given practical strategies is exactly what I wanted'.

Next sessions: Thursday 16th November, Wednesday 24th January, Wednesday 20th March, Thursday 2nd May and Thursday 18th July.

Everyone is welcome. Details of the content will be shared via email prior to the event.

Oathall Mental Health Ambassadors

In July, 15 Oathall students undertook three afternoons of training to become our first qualified Mental Health Ambassadors. They have already started work on their three projects of choice this term. The projects are setting up a new wellbeing club, providing more mental health resources on the website for parents, staff and students and updating the display boards around the school. Mrs Carruthers, Mrs Perrin and Mrs Crockford are overseeing the MHAs and I thank them in advance for their contributions to this pivotal piece of work.
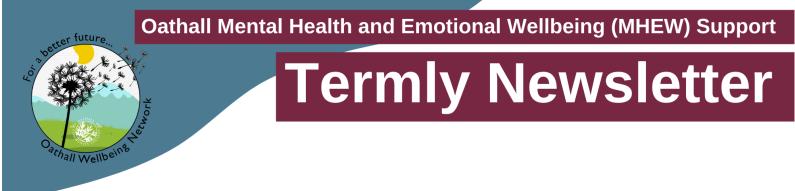
We will be looking to train new ambassadors in the summer term so if your child would be interested in taking on this key leadership opportunity please tell them to come and register their interest with me.

West Sussex Single Point of Access (SPoA)

The SPoA is provided by Sussex Partnership NHS Foundation Trust's Child and Adult Mental Health Service (CAMHS), West Sussex County Council's Youth Emotional Support Service (YES) and YMCA Dialogue. It provides a simplified single route so that children, young people, families, carers and professionals can be directed to the right service, eliminating the need to refer to multiple services.

Anyone can make a referral to SPoA. In order to make a referral please click here. From here the three services will work

together to triage the referral and determine which service is the most appropriate offer for the young person.

Young People's Sussex Mental Healthline

In addition to the SPoA if any one needs to speak to a trained clinician as a matter of urgency there is 24/7 support provided by Sussex Mental Healthline. Their contact number is 0800 0309 500. When a young person calls this number they will put it straight through to a mental health trained clinician. If the clinician is on another call, a call back within an hour will be arranged.

Support for parents

http://www.mytutor.co.uk/blog/parents/teen-mental-health-a-guide-for-parents/

This link will take you to the section of our website which is dedicated to supporting mental health. Here you will also find the slides from the Thought-Full presentation.

www.mind.org.uk
www.mentalhealth.org.uk
www.place2be.org.uk
www.annafreud.org

Quote of the term: 'Your present circumstances don't determine where you go; they merely determine where you start.'

Kind regards,

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