The Mental Health Support

Welcome to our monthly newsletter!

The aim of this newsletter is to provide a range of resources for students, parents and careers to support wellbeing during these uncertain times. A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing.

The Mental Health Support Team is an early intervention service, providing 1:1 and group support to children and young people across Oxford. Referrals can be made by teachers, professionals, parents/carers and young people themselves by using the following link:
https://secureforms.oxfordhealth.nhs.uk/mhst/

response

One of our partners, Response, is looking at re-branding. If you would be interested in giving your comments, please visit this link: https://www.surveymonkey.co.uk/r/BKV7MQG

response **NHS** Oxford Health NHS Foundation Trust

The Mental Health Support Team Newsletter

2nd-7th December:

Grief Awareness Week

3rd December

International Day for Persons with Disabilities

10th December:

Human Rights Day

December 18th:

International Migrants Day

10th December:

Christmas Jumper Day

Christmas Jumper Day

December 10th is Christmas Jumper day. Save the Children use it to raise awareness and raise money for their charity. Why not design your own Christmas jumper?

Christmas Jumpers can be expensive, especially for something you might only wear once a year. Consider donating your jumpers to charities so someone can make use of it next year.

MENTAL HEALTH AWARENESS

Parents and Carers

FREE for Oxfordshire Residents*

*Use the first part of your Oxfordshire postcode as promo code when purchasing tickets

oxfordshire youth

In partnership with the Mental Wealth Academy, Oxfordshire Youth is delivering online Mental Health Awareness Training for Parents and Carers of young people. The training happens monthly and it's FREE for Oxfordshire residents*.

The session primarily considers the mental health of adolescents and young adults, aiming to help parents and carers to:

• Identify emotional distress

• Know where, and how, to signpost children and young people if you, or they, have a concern

• Learn practical strategies to help with listening to, and supporting, children and young people

• Develop your understanding of the wide range of factors and variables that can impact on children and young people's mental health

• Feel more confident and less fearful having 'the conversation' with your child or young person

The session lasts 1.5 hours and includes presentations and group work, providing the opportunity to speak with other parents and carers about young people's mental health.

Since the launch of the training, Oxfordshire Youth has received extremely positive feedback by the attendees. The evaluation forms that Oxfordshire Youth asks attendees to complete, show that parents and carers have improved their confidence, knowledge and understanding around young people's mental health. 100 % of the attendees would recommend this training to others.

For further information, booking or to check the dates of these sessions, please click on the link below:

Oxfordshire Youth Events – Eventbrite

*In order to receive tickets for free, Oxfordshire residents need to use the first part of their postcode as the promo code (e.g:

Links to Outside Support Services

Childline: Under 19s can call **0800 1111** for free, confidential support

Young Minds: Young people can text **'YM'** to **85258** for 24/7 crisis text support

SHOUT: Parents and carers can text **'shout'** to **85258** for 24/7 crisis text support

Emerging Minds: Provides resources on how best to support children and young people with their worries and anxiety.

Anna Freud: Mental health related resources and self-care ideas for children

CAMHS Oxfordshire: For information about Oxfordshire services and referrals

In a crisis, call

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