

MENTAL HEALTH SUPPORT TEAMS

Service delivered in partnership with Hampshire
and Isle of Wight Integrated Care System.



MHST Round up - September 2023

Contact us: SPNT.MHST.earlyhelpse@nhs.net

Welcome back from your MHST for the new term!

We hope you all had a lovely summer break and are feeling refreshed ready for a new school year. We understand moving up to a new year group or a new school can be difficult and may bring some challenges for you.

Being nervous or worried about coming back to school after the summer is completely normal and something lots of you might be experiencing.

We wanted to use this month's round up to remind you of who the Mental Health Support Teams are and what sort of things we can help with. We are a team within the Early Help Support in Hampshire and work with young people, teachers and families to support with mild to moderate mental health difficulties. Some of the difficulties we can help with are below:

Sleep difficulties

Anxiety

Worry

Phobias

Panic

Low Mood

OCD

Single Event Trauma

This month's Mental Health Hero...

David Beckham OBE



David has been open about his mental health difficulties having experienced anxiety following his diagnosis of obsessive-compulsive disorder (OCD).

He said that one of his favorite coping mechanisms for his anxiety was to play with his children. He also found a new hobby of cooking which he described as 'therapeutic'.

More information on anxiety and OCD can be found here:

<https://hampshirecamhs.nhs.uk/issue/anxiety-2/>

<https://hampshirecamhs.nhs.uk/issue/obsessive-compulsive-disorder-ocd/>

When things get hard, or a little too much, please remember that there are people you can talk to!

Here are some helpful numbers you can use

Samaritans - 116 123 (Open 24/7 365 days a year)

SANeline - 0300 304 7000 if you are experiencing a mental health struggle



Important dates:

5th Sept - International Day of
Charity

10th Sept - World Suicide
Prevention Day

21st Sept - International Day
of Peace

10th October - World Mental
Health day

What special occasions or
important dates can you think of
that are happening this term?

World Mental Health Day - 10th October 2023

Every year we celebrate World Mental Health Day on the 10th of October. The theme for 2023, set by the World foundation of mental health is 'Mental health is a universal human right'

How might you get involved?

- Hold a 'Tea and Natter' with family or friends
- Ask someone you care about how they are feeling
- #PinItForMentalHealth! Get your green ribbon pin on mentalhealth.org
- Share on social media
- Do something nice for someone you love



Back to School

The start of a new school year can bring on lots of different emotions. Some of you may even be starting a brand-new school. You could be feeling uncertain, excited or worried or you might not know if you're coming or going! When we feel like this, sometimes we can struggle to keep organised and not know what to do.

Take a look at our Check list for helping you get back on track for starting school! →

Some other top tips from the MHST for your return to school:

- Try to get a good night sleep and set an alarm
- Talk to a trusted adult about how you are feeling
- Eat a balanced breakfast in the morning
- Check out the 'Best Version of you' booklet on the Hampshire CAMHS website:

<https://hampshirecamhs.nhs.uk/>

THINGS TO REMEMBER TO DO - SCHOOL



NIGHT BEFORE

<input type="checkbox"/> SORT MY BAG	<input type="checkbox"/> STATIONERY	<input type="checkbox"/> HOMEWORK	<input type="checkbox"/> P.E. KIT
<input type="checkbox"/> BOOKS	<input type="checkbox"/> LUNCH	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> GET UNIFORM/ CLOTHES READY	<input type="checkbox"/> CHARGE PHONE	<input type="checkbox"/>	<input type="checkbox"/>

MORNING

<input type="checkbox"/> PACK MY BAG	<input type="checkbox"/> WATER BOTTLE	<input type="checkbox"/> LUNCH	<input type="checkbox"/> P.E. KIT
<input type="checkbox"/> LOCKER/HOME KEYS	<input type="checkbox"/> MONEY	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> PHONE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>