

MENTAL HEALTH SUPPORT TEAMS

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



NHS

hampshirecamhs.nhs.uk

MHST Round up - April 2023

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

Welcome back from your MHST for the Summer Term!

We hope you had a lovely Easter and are feeling refreshed for the new term ahead! If this isn't the case and you're maybe feeling a little nervous, confused or just out of sorts, there are people to help if you need it.

Just a reminder of 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..

Daniel Radcliff (who you might recognise as Harry Potter) has struggled with OCD since 5. He has been outspoken in encouraging others to seek the right support and personally benefited from having someone to talk to about his OCD. For more support on OCD here is the link for the CAMHS website: <https://hampshirecamhs.nhs.uk>



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

Stress Awareness Month

April is stress awareness month. As exams approach and the summer term starts there is a lot of added stress on young people. Below are some handy resources and some TikTok influencers who are challenging the stigma against mental health and raising awareness.



Dates to remember in April and May:

- 1st - 30th April - Stress Awareness Month
- 18th April - World Heritage Day
- 21st - 22nd April - Eid al-Fitr
- 23rd April - St George's Day
- 1st – 31st May - National Walking Month
- 1st - 7th May - Deaf Awareness Week
- 15th – 21st May - Mental Health Awareness Week
- 16th May - 20th May - Walk to School Week
- 15th - 21st May - Christian Aid Week
- 21st May - World Meditation Day

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

Mental Health Influencers to check out on TikTok

- **Lindsay Fleming:** Licensed therapist for Children, Teens & Young Adults
- **Dr Julie Smith:** Psychologist and author
- **Chloe Hayden:** refers to herself as "crocodile Dundee but autistic + ADHD"
- **Micheline Maalouf:** an American therapist challenging mental health stigma

Please remember that TikTok is for connecting, educating and sharing. The content is often simplified and is not a replacement of medical advice or therapy.

Catch it, Check it, Challenge it, Change it.

Sometimes we get caught in a vicious cycle.

Anxious thoughts → uncomfortable feelings → making choices that are limiting or restrictive

It can be helpful to notice those thoughts as they arise and then consider whether the fears are justified. If they seem exaggerated try responding in a more balanced/helpful way.

Using the table below can help you **CATCH** these thoughts, **CHECK** them and **CHALLENGE** them and **CHANGE** your response.

CATCH IT: What anxious thoughts are you having?

CHECK IT: Are you perhaps thinking that things are worse than they really are?

CHALLENGE IT: What is **1.** The evidence for and **2.** The evidence against these thoughts? Is there something you have overlooked?

CHANGE IT: Considering all of the above, is there another more helpful and balanced way of thinking?

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ChildLine- Call 08001111 9am- 12am Daily - Free support for children to discuss any concerns or worries.

Shout— text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.

Kooth - <https://www.kooth.com/> - 24/7 online counselling

Hampshire CMAHS: <https://hampshirecamhs.nhs.uk> - free support with lots of different resources and strategies