



MENTAL HEALTH SUPPORT TEAM

Parent/Carer Newsletter



There is a difference between being listened to and being heard - Gillian Anderson

As we enter spring we see an abundance of regrowth and change and with this in mind we wanted to invite you to think about how you can help your young people to grow and develop. We will focus on how to enable and encourage your young person to share their voice and show them that their voice does matter.



Children's Mental Health Week 2024

This year's theme was 'Making your voice heard' and the MHST attended the NottAlone Live Event within Newark. The event involved exploring how to improve mental health awareness, and support within school to be a part of positive change.

During the event some Involvement and Participation Champions, (who are young people that are passionate about breaking down barriers and making real change) ran workshops to assist young people.

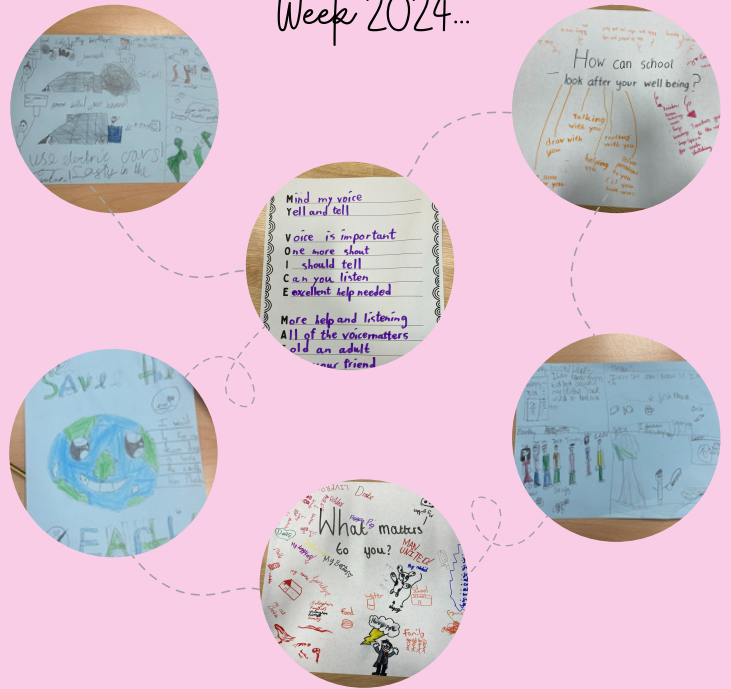
The MHST also facilitated activities within schools around 'what matters to them' and how they want to use their voice to make positive changes within certain issues in the wider world. The activities and discussions also looked at how small ideas and changes can then lead to big changes with help and support.

The take away message was that one idea can change everything.



Click on the icons to help you speak up and start the conversation >>>

Snapshot of Children's Mental Health Week 2024...



Parent Corner

Spotlight on Self-expression



Self-expression encourages and supports children's imagination and thinking process development. It allows them to produce new understandings and experience the world from different perspectives. Self-expression enables your young person to communicate their original ideas and develop their confidence.

How can you promote self expression? Here are some top tips to help you:

- * Utilise the arts
- * Support style choices
- * Provide opportunities for your young person to make choices/decisions
- * Encourage exploration
- * Talk about feelings

TOP TIPS



You can also gain further information and top tips here: >>>



Sunshine House
EARLY LEARNING ACADEMY



The Parenting Partnership



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Activity Ideas to try at home...

Younger children activities:

- ▶ Get creative and artsy. Maybe braid a friendship bracelet or paint something. Ensure there are no rules to conform to so they can convey their ideas.
- ▶ Celebrate Style. While you may need to enforce a basic dress code, allow as much leeway as you can.
- ▶ Choose a song and learn the words and sing/perform it together

Older young people activities:

- ▶ Go Digital. Encourage/help your young person to make a video documentary about their current passions & stage a screening for them to share their ideas.
- ▶ Encourage your child to crank up the tunes and dance! Or try a dance-based game for your video-game system.
- ▶ Go Outdoors. Plant a garden, hike to the top of a mountain or the roof of your apartment building, and sketch the skyline.

Youth Voice & Feedback...

Speaking up is like breaking down a barrier. Using powerful words breaks the silence and makes a long lasting impact.

Speaking up is like unlocking your voice letting your thoughts and ideas soar freely.



Calendar dates Spring 2024:

9th-15th May Mental Health Awareness Week



Tuesday 21st May World Day for Cultural Diversity

Click on icons for further information

Stress Awareness Month



If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...



Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: **CAMHS - Mental Health Support Teams**

Find Notts Healthcare Mental Health Services online...



bit.ly/37qtfoZ



<http://>



bit.ly/37xsn1P

Useful Contact Details

ChildLine: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0808 1963779
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies