

Southampton MHST

Newsletter – Secondary

February 2022



Welcome to the February 2022 edition of our newsletter!

We hope that the new year is bringing exciting new opportunities for you, as well as an end to winter as we start seeing more sunshine and warmth.

In this edition of the newsletter we will be recognising Time to Talk Day, which promotes us all having open conversations about mental health to help create supportive and non-judgemental communities. We will also be celebrating LGBTQ+ history month!

Underlying is the issue of stigma, how this can affect us and how we can work together to challenge mental health stigma and support each other.



We are the Mental Health in Schools Team (MHST). We provide targeted support for anxiety, low mood and/or behavioural difficulties. In Secondary Schools we primarily provide 1:1 support with young people using evidenced-based interventions based on Cognitive Behavioural Therapy (CBT). If you feel you (or your child or Student) would benefit from support from our service, you can speak to your school who will discuss with you and send a referral into our service.

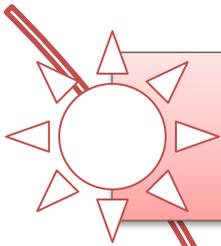
Contact us:

If you have any questions or queries for the
Southampton MHST

Tel: 0300 1236689

Email: SouthamptonMHST@Solent.nhs.uk

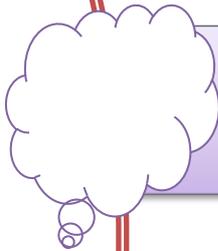
Time to Talk About Mental Health



Time to Talk Day takes place each February, - this year it was run by MIND and Rethink Mental Illness on 03/02/22.



The day is about creating supportive communities by encouraging everyone to have conversations with family, friends or peers about mental health.



Everyone has their own experience of mental health, but this is still something society often finds hard to talk about.



Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.



Conversations about mental health have the power to change lives.



Why not take the opportunity to have a conversation with someone about mental health this month?

<https://timetotalkday.co.uk/about/>

This website has resources you can download with tips and activities to help start conversations about mental health

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Time to Talk About Mental Health

Below are some basic tips that anyone can use to feel more confident in starting a conversation about mental health:

Be curious – ask questions and really listen.

Don't wait for the perfect moment – real talks can happen any time. Sometimes it's even easier to talk when we're doing something else (like taking a walk or doing artwork).

Ask twice – people sometimes say they're fine when they're not, so show them you actually want to know and you're not just being polite.

Be patient – if someone doesn't want to talk, the fact you tried and cared might make a difference for them in the future.

You don't have to fix things – just being heard by someone can be really important!

Mental Health and Stigma

One reason people can find it hard to talk about mental health is the *stigma* around mental health difficulties, which can lead to discrimination.

Stigma can be defined as *“a set of negative and often unfair beliefs that society have about something”*

The impact of stigma can be huge, it can stop people asking for support or can make them feel even worse.

So, what can I do? Challenging stigma and discrimination is an issue for everyone in society and as individuals we can do things to overcome it, such as:

Having those open conversations about mental health can make a huge difference in breaking down the stigma. This helps show there is no shame in feeling how we feel.

Get informed – educate yourself and others. Stigma often comes from a lack of knowledge about the reality of mental health difficulties.

Be aware of the language you use and support others to understand if they are using language that could be harmful (e.g. “crazy”, “psycho”).

Our attitudes and behaviours towards mental health really matter.

We at the MHST can help with this in your school, just let a teacher know or get in touch. We can offer workshops about different mental health needs and ways to support them.



LGBTQ+ History Month



One group of people that can face particular stigma and discrimination that affects mental health is the LGBTQIA+ community.

February is LGBT+ history month which makes this an ideal time to shine a spotlight on this issue. The Metro Youth Chances Report in 2016 found that 61% of LGBTQIA+ young people reported being bullied and called names at school because of their actual or perceived sexuality or gender identity. This, alongside feelings of isolation and discrimination means many LGBT+ young people struggle with their mental health.

Mental health and LGBT+: What does the research say?

Data collected from Stonewall 2017 school report:
https://www.stonewall.org.uk/system/files/the_school_report_2017.pdf

Bullying	Risk/safety	Mental health
<ul style="list-style-type: none">• Half of LGBT+ students hear homophobic slurs frequently• Only 2 in 5 students report that their schools explicitly call transphobic bullying wrong	<ul style="list-style-type: none">• More than four in five trans young people have self harmed• More than 2 in 5 young trans people have attempted to end their lives	<ul style="list-style-type: none">• There is a higher prevalence of every mental health difficulty• 1 in 7 report reluctance to ask for support in fear of discrimination

Some good news...

- The number of LGBT+ students reporting bullying is slowly decreasing; from 65% in 2007 to 45% in 2017.
- 7 out of 10 LGBT+ students report their school label homophobic and biphobic bullying as wrong
- Support of family and wider community can be a strong protective factor

- If you're part of the LGBT+ community there may be groups in your local area that could help you connect with other people. You can find community groups close to you at <https://www.stonewall.org.uk/help-advice/whats-my-area>
- You could also join your school LGBT+ group, and if there isn't one, talk to a member of staff that you trust to think about setting one up for other students too
- Be an active ally, and challenge/report homophobic and transphobic bullying when you feel safe to do so



LGBTQ+ support

Break out Youth

A confidential support service for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity.

<https://www.breakoutyouth.org.uk/>

Mermaids

Support for transgender, nonbinary and gender-diverse young people up until their 20th birthday. Currently offering webchat support to students up to the age of 25.

Helpline: 0808 801 0400 Monday-Friday 9am-9pm

Webchat Mon-Fri 9am-9pm (<https://mermaidsuk.org.uk/young-people/>)

Switchboard

Supports gender diverse CYP until their 20th birthday. As well as support for families and professionals.

Phoneline: 0300 330 0630 10am-10pm Everyday

Yellow Door

A therapeutic group service for young people aged 11-18 who are experiencing Gender Dysphoria in addition to providing some support to parents.

To find out more about this service please contact Yellow Door Tel: 023 8063 6312, email info@yellowdoor.org.uk or go online <https://www.yellowdoor.org.uk/>





Professor Wellbrain

What is Mental Health?

The World Health Organisation (WHO) defines mental health as a “state of well-being in which an individual can realize his or her own potential, cope with the normal stresses of life, work productively and make a contribution to the community”

Mental health is often referred to as “emotional health” or “well-being” and it is just as important as good physical health. Our mental health affects how we feel, think and act.

Our mental health does not always stay the same and it can change as circumstances change in our life. Sometimes it can be helpful to think of our mental health as being experienced on a continuum. We can move up and down, which for some of us can be weekly or even daily.



Having good mental health doesn't mean we are always happy. It is normal to feel sad, angry, or low sometimes. However, if we have more days when we feel like that, we start to find things more difficult to cope with and, sometimes they can develop into a more serious problem. It is important to remember that this is not uncommon, it can happen to any of us. **Currently, around 1 in 10 children experience a mental health difficulty, and around 1 in 4 people will experience a mental health difficulty at some point in their lives.**

Looking after our mental health can help us recognize our positive achievements, feel, and express a range of emotions and, feel engaged with the world around us. We can also cope with the stresses of daily life and manage times of change and uncertainty. If you feel like you are struggling with your mental health it is important that you can speak to someone you trust about how you are feeling and ask for help.

YOU ARE
NOT
ALONE

Good news story

This month's uplifting true story is about 18-year-old Sebbie Hall from the UK.

Sebbie set out to participate in the daily act of kindness with an aim to raise £1,000. However, this has now resulted in the launch of a foundation for good causes.

Sebbie started his project in March 2020 when his school closed due to covid. Sebbie wanted to help people who felt lonely as a result of the pandemic.

Nearly two years on, he has raised a huge £40,00 for the Sebbie Hall Kindness Foundation, which he set up with help from his mother.

Sebbie has engaged in a variety of ways to help his community, such as giving coats to homeless people, hiding Easter eggs around his village, and even giving out homemade soup from pumpkins he had collected himself.

Sebbie experiences learning and physical difficulties. He has a rare chromosome anomaly which has caused him to experience low muscle tone and speech problems. This has motivated him to use the money he has raised to provide inclusive IT equipment to young people who have disabilities. As well as this, he has helped fund arts and sporting activities for people who are isolated due to disability or mental health.

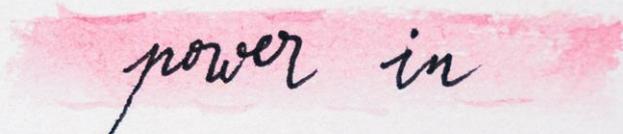
Sebbie was invited to the Duke and Duchess of Cambridge's carol concert at Westminster Abbey, to applaud him for his effort in making change within his community.

Sebbie's mum said, "For the last 17 years of his life someone has always had to do things for him, but it's given him this confidence that's spurred him on and to show that you can do anything."

We think this is an incredible, inspiring story and just goes to show what one individual with a positive attitude can do to make a difference in the world. I wonder whether you can incorporate the daily act of kindness to make a difference to someone's day.



there is



power in



KINDNESS

Useful services and websites for parents and young people

Please see the details of the following services that may also be able to offer you and your child advice and support. Please note that during this unprecedented time services have had to change the way they work and offer support, so please contact the service directly to find out what is currently on offer.

THE SOLENT WEST CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):

If your child is currently receiving a service from CAMHS, a duty line for advice in the event of deterioration in your child / young person's mental health is available. Please request to speak to the duty worker on 0300 123 6661. You are also able to contact the Behaviour Helpline for advice and strategies with managing challenging behaviour on 0300 123 6661, your contact details will be taken and a Behaviour Advisor will return your call within 1 week.

Please be aware that in the current situation there may be a slight delay in responding to duty calls

The Public Health Nursing (PHN) Service offers support to children, young people and their families who live in Southampton. The team is made up of Nurses, Emotional Health and Wellbeing workers and PHN Assistants; who can offer support for a wide range of health issues such as growth concerns, support with long term conditions, sleep problems, continence issues, general anxiety and much more. They have a confidential text messaging service called Solent Pulse where you can text any health questions and have them answered by a nurse. They are currently offering support through telephone calls, emails, text messages and video calling to comply with social distancing rules. If you would like to contact PHN for support please use one of the methods below:

Phone: 0300 123 6661 Solent Pulse: 07491 163278

Website: <https://what0-18.nhs.uk/solent/school-nursing>

Email: snhs.publichealthnursingsouthampton@nhs.net

USEFUL TELEPHONE NUMBERS:

Southampton Multi-Agency Support Hub: (Safeguarding advice & parenting support).	02380 833336
Samaritans:	Free phone 116 123
Parentline (24-hour advice):	0808 800 2222
Child line:	0800 1111
NHS direct:	111 – non emergency helpline
SANE mental health help line (every day 16.30-22.30)	0300 304 7000
Young Minds help line (Mon-Fri 9.30-4pm)	0808 802 5544

USEFUL WEBSITES – UNDERSTANDING SYMPTOMS, ADVICE AND SELF-HELP:

- <https://childdevelopmentinfo.com/> - This covers numerous 'symptoms' of developmental disorders and mental health conditions. It also has a lot of helpful advice ranging from 'online safety' to 'getting children to eat greens'. Mixture of articles and short videos.
- www.youngminds.org.uk – information and advice for young people, parents and professionals, includes a telephone advice line and videos. This website covers emotional health, mental health conditions and neurodevelopmental disorders e.g. Attention Deficit Hyperactivity Disorder.
- http://www.sane.org.uk/resources/mental_health_conditions/ - information and advice, includes resources and useful leaflets to manage symptoms of many mental health symptoms. It also has online forums and a telephone advice line (above).
- www.getselfhelp.co.uk – this website is an invaluable resource containing free downloadable activities and videos for you to support your child to manage their emotional and mental health.
- <http://www.moodjuice.scot.nhs.uk/> - Similar to 'getselfhelp'.
- Selected mobile phone 'apps' to help manage symptoms can be viewed here, although please consider age appropriateness: <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-apps.aspx> (Or type 'Apps for Mental Health – NHS Choices into an internet search engine.)

Useful services continued

NO LIMITS ADVICE PROJECT <https://nolimitshelp.org.uk/> Contact Phone: 02380 224 224 – 13 The High Street, Southampton, SO17 1XN Email: enquiries@nolimitshelp.org.uk

Please contact the service via telephone, email or 'drop-in' to the advice centre.

The No Limits service offer advice and support to young people under the age of 26 years on many issues, including: housing, employment, money management advice, social support, symptoms of mental health, counselling for emotional ill-health, sexual health guidance, drug and alcohol support, victims and perpetrators of crime, plus much more.

SOUTHAMPTON CITY COUNCIL PARENTING ADVICE AND SUPPORT

<http://sid.southampton.gov.uk/kb5/southampton/directory/results.action?familychannel=8-7-1>

Please access this website to view a range of parenting support courses in Southampton. Or go into Southampton City Council's website and type 'families' into the search bar.

Please also contact the Southampton City Council MASH Team on the telephone number above for further advice around services and parenting support.

RE:MINDS

A parent-led support group for families of children with autism or mental health issues.

<https://www.reminds.org.uk/> With a closed Facebook group of over 600 members -

<https://www.facebook.com/groups/reminds>

CHILDREN WITH SPECIAL NEEDS

The Buzz Network - a group for Southampton parents/carers of children with disabilities/special needs. It is open to children with any disability from ADHD to visual impairments, as long as they meet the eligibility criteria. <http://sid.southampton.gov.uk> – type 'Buzz Network' into the search engine for contact details.

CHILDREN WITH SUSPECTED AUTISTIC SPECTRUM DISORDERS <https://www.autismhampshire.org.uk/>

Autism Hampshire: Information, Advice, 'Needs Assessment' and support. Community Access, Southampton Office –1648 Parkway, Whiteley, PO15 7AH, Tel: 02380 766162 Email:

communityaccess@autismhampshire.org.uk

BEREAVEMENT SUPPORT SERVICES

- <http://www.theredlipstickfoundation.org/> The Red Lipstick Foundation are here to offer services to families in Hampshire who have been bereaved by suicide or immediate family members following a person's sudden death.

- <http://www.simonsays.org.uk/> Tel: 08453 055 744 - Bereavement service for Children.

- <http://www.cruse.org.uk/?gclid=CMmGptiMktMCFYWRGwoduCOEiw> National Bereavement Service.

DOMESTIC ABUSE SUPPORT SERVICES

- <https://www.hamptontrust.org.uk/our-programmes/> support projects for those who have perpetrated domestic abuse, and, adults and young people who have experienced domestic abuse.

- <https://www.yellowdoor.org.uk/> Telephone: 023 8063 6313 - support project for adults and young people who have experienced physical and or sexual abuse.