

Southampton Mental Health Support Team

Primary Schools Wellbeing Newsletter

This week's theme - **Low Mood**

10th June 2020

Welcome to this week's Southampton MHST newsletter, our theme this week is low mood.

As we continue in lockdown it is highly likely that our own mood and those of our children will be impacted.

Changes in our routines, difficulty seeing friends and family and changes in our activity levels in particular can leave many experiencing low mood.

In a time like this, many of us have had to stop activities that bring us joy. This might include social activities, team sports or a job or school which gives us a sense of purpose, routine and achievement. Without these structures and activities we can feel low. Low mood looks different for every person. It may include feelings of sadness, anxiety, feeling more tired than usual or unable to sleep, angry or lacking confidence. It is normal and understandable to have these feelings. If they are persistent for you or your child or start to impact everyday life, it is important to seek support.

Over the last few months of Newsletters we have shared new activities or how to do familiar activities in new ways so that you and your child can share those moments of fun and purpose. This is one way that we can keep low moods at bay. Of course, in these times many of us have been affected by worry about our loved ones, uncertainty about the future or loss of income which can make us feel very low as well as worried.

Children are intuitive and may pick up on any low or worried feelings that you may be having and you may see these mirrored in their moods or coming out in different sorts of behaviour.

It is important, as we adjust to the "new normal" to build in those new activities and actions which will help us to feel on top of the necessary things we have to do: work or housework for us parents, school work or chores for our children, and also give us things to look forward to in our week, or structure in our day.

Parents Top Tips

It is quite normal for your child to have periods of low mood related to stresses which may be happening at the current time, for example Covid-19. Here are some ways you can help your child if they are struggling with low mood.

- Encourage them to do a range of activities they enjoy – low mood can stop your child from doing important or enjoyable activities. Your child could choose three activities from the activity list suggested in this newsletter.
- Healthy living – a healthy balanced diet, physical exercise and sleep can improve their mood and help wellbeing.
- Challenge unhelpful thoughts – the way your child thinks will affect the way he/she feels and this can become a vicious cycle and affect their mood. This short video can help explain this: <https://www.youtube.com/watch?v=tfkhkFwCtxs>
- Create positive activities on days you used to undertake a fun or social activity. An example of this is recreating 'that Friday feeling' by organising a family film night with popcorn and treats on a Friday or playing a board game together; whatever suits you as a family.

Encourage your child to talk – whether this is to you, or another trusted adult. It is important to keep communication open and for them to feel able to talk about how they are feeling.

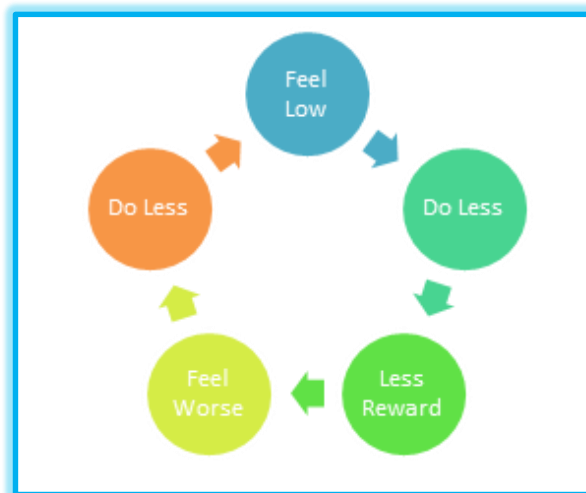
Professor Wellbrain

Professor Wellbrain has flown by with some information about low mood and depression, science of vicious cycles and tips on getting out of a vicious cycle.



Mental health difficulties can happen at any age and are fairly common, estimates of mental health problems in England suggest that 11.2% of 5-15 year-olds and 18.9% of 16-24 year-olds experience difficulties like anxiety and depression. Some of the symptoms of low mood and depression are mentioned in the introduction and further information can be found on the NHS website:

- Depression in children and teenagers; <https://www.nhs.uk/conditions/stress-anxiety-depression/children-depressed-signs/> - Looks at more of the signs seen in children and teenagers
- Low mood, sadness and depression; <https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/> - gives some ideas of things that you can try to help with low mood.



When feeling low, anxious or stressed we don't feel like doing all the things we usually do. Over time this could lead to doing very little, further lowering mood, creating a vicious cycle.

Lockdown and social distancing have presented additional challenges, by having less opportunity to engage in our regular routine.

By taking action, even when feeling low rather than waiting till mood improves or feeling like it, the vicious cycle of low mood can be broken.

By using a diary to schedule small, manageable tasks in advance, and trying to follow this diary, we are presented with more opportunities for positive reward, improving mood.

Some things that might be helpful to plan time for includes: socialising, hobbies and interests, exercise, bedtime, self-care time. It is important to give yourself time to take time out and relax, start small with planning just a few activities. Don't worry if not everything is achieved, small steps are just as important as big ones.

Good News Story

Letter arrives 80 years late!

Can you imagine receiving a letter from someone in your family 80 years after they wrote it?



Amazing as it sounds, that is exactly what happened to the family of Pte Harry Cole who died whilst serving in the Second World War.

Harry wrote the letter, address to his Mother, and it was never sent. After almost 30 years in an attic in Germany the letter was found and, along with a collection of other post and handed into the British Embassy by a German Soldier in 1968. But it wasn't until Harry's surviving brothers, Derek and Clemmie, were found that the letter could finally be delivered. What an incredible surprise! You can read the full story at <https://www.bbc.co.uk/news/uk-england-suffolk-52812539>

Activity of the Week

Activation Challenge!

We have been hearing about how when we feel low we often don't feel like doing something but how actually, doing something can make us feel loads better. We have put together a Treasure Trove of activities to try when you feel low...can you pick three to do this week?



The Star Project

The Star Project is running virtual live sessions;

11am & 1pm Monday-Friday

The sessions cover topics including –

- Internet Safety
- Healthy Relationships
- Consent



Contact Frankie.Snow@yellowdoor.org.uk for further details of how to book a live virtual session

Department for Education National Resource List:

- The Government's [online educational resources](#) for home education with a section on mental wellbeing.
- [PHE's guidance](#) on supporting children and young people's mental health and wellbeing
- Virtual [Oak National Academy](#) for reception – Year 10 pupils, which offers daily online lessons, a weekly assembly with a pastoral focus and extra-curricular activities to help families maintain a routine at home (NB. intended to complement, not replace, existing schools' online learning offers)
- BBC Education [online learning content](#), also for reception to Year 10 pupils, to support home learning, with weekly wellbeing tips provided via their social media pages.
- The [Think Ninja](#) app has been made freely available to young people (aged 10-18 year olds) across the UK and updated with specific mental health and wellbeing content related to the pandemic.
- [MindEd](#), [Anna Freud](#) or [Place 2 Be](#) webpages and the [Starline](#) parent helpline for home learning.
- [Rise Above](#) is a website co-created and produced by young people to help build resilience and support good mental health in those aged 10 to 16. The content has been adapted to the pandemic and includes new mental health content based on insights from young people who are learning from home.
- [Every Mind Matters](#) includes an online tool and email journey to support everyone to feel more confident in taking action to look after their mental health and wellbeing. It also includes a section for parents and carers on looking after children and young people during the pandemic.
- Children and young people who are caring for someone with a mental illness can self-refer to the [NHS Volunteer Responders](#) programme using this [link](#) if they are having issues shopping for food or picking up prescriptions.
- Children and young people can access free confidential support anytime from voluntary and community sector organisations by texting **SHOUT to 85258**, calling **Childline on 0800 1111** or **the Mix on 0808 808 4994**. Children and young people can also find online information on COVID-19 and mental health on the [Young Minds website](#). For support with an eating disorder, children and young people can ring **Beat's Youthline on 0808 801 0711**.
- Local mental health crisis support lines (for all ages) can be found via a simple age and postcode search [here](#).

Contact us

If you have any questions or queries for the Southampton MHST Team please email us at;
SouthamptonMHST@Solent.nhs.uk

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: 02380 833336
(Safeguarding advice & parenting support).

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=CMmGptiMktMCFYWRGwoduCOEjw> - 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.