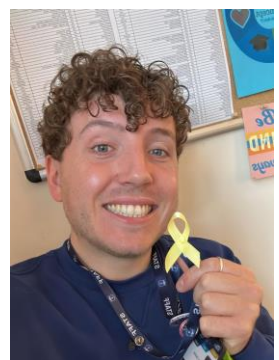




Mental Health Awareness Newsletter

Thursday 10th October 2024 is World Mental health Day and is celebrated every year on this date. This year's theme set by the World Federation of Mental Health is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities. Here at Alsop High School, we have celebrated this by encouraging staff to wear something yellow or a yellow ribbon. Here are some pictures of our wonderful staff with their yellow ribbons on.



As you will be aware, there was a Tea & Talk afternoon arranged for today by Alsop's Mental Health Team, inviting parents into school to speak with them to find out what support is available within the community for mental health and wellbeing. Our fabulous guest speakers were James from Everton In The Community and our School Nurses, Rachel and Phil and Edge Hill Student who is currently working within the health team. We had some lovely mental health cakes, chocolates and biscuits and the parents/carers who attended took a lot from it. They were able to chat with our guests about their specific needs and where to access support.





As this week is baby loss awareness week we just wanted to share some information with you all and remind you that your never alone. Its important to reach out when in need as there is a lot of services available to provide the necessary support. If you don't know where to access this support please contact our mental health team and we will be to happy to sign post to the appropriate services. It is important for you to take some time to be kind to yourself and remember you are not alone.

The following information may be triggering for some, please only read this if your comfortable to do so and in a safe space.

Poem:

*Fly, fly little wing
 Fly beyond imagining
 The softest cloud, the whitest dove
 Upon the wind of heaven's love
 Past the planets and the stars
 Leave this lonely world of ours
 Escape the sorrow and the pain
 And fly again*


*Fly, fly precious one
 Your endless journey has begun
 Take your gentle happiness
 Far too beautiful for this
 Cross over to the other shore
 There is peace forevermore
 But hold this memory bittersweet
 Until we meet*

*Fly, fly do not fear
 Don't waste a breath, don't shed a tear
 Your heart is pure, your soul is free
 Be on your way, don't wait for me
 Above the universe you'll climb
 On beyond the hands of time
 The moon will rise, the sun will set
 But I won't forget*

This week marks **Baby Loss Awareness Week**, an event to break the silence so no parent has to be isolated by their grief.

But we also know that for many of you, this week will be deeply **personal**.

We understand how triggering and overwhelming this time can be.

Please know that there is always support available for you. 

- Things to remember this week...
-  There is no pressure for you to get involved, share your experience or advocate
 -  Do not compare where others are to where you are in your journey
 -  You are not less of a parent if you find this time triggering or challenging
 -  Your experience and your little one are worth more than more week

- How can I take part in Baby Loss Awareness Week?
- Light a candle for the Wave of Light
 - Join a baby loss online community
 - Write a poem or letter in remembrance
 - Check in on your loved ones who have experienced loss
 - Support a charity for bereaved families
 - Wear a pink & blue ribbon
 - Share Baby Loss Awareness Week posts & resources
- 

*Fly, fly little wing
Fly where only angels sing
Fly away, the time is right
Go now, find the light*

Please take a look at Liverpool Parenting Newsletter came out yesterday, please take a look - there is a lot of information about services within Liverpool and whats happening over the next couple of weeks.

<https://sway.cloud.microsoft/UO8kbEgErrkpayFb?ref=Link>



As part of World Mental Health Day, experienced facilitators from Everton in the Community (The official charity of Everton Football Club) are hosting a free 1-hour online mental health awareness workshop for parents and guardians.

Taking place on Thursday October 10th 6-7pm, via Microsoft Teams. The evidence based workshop will help parents and guardians develop the skills and knowledge they need to understand, recognise and support the mental health and wellbeing of their children and family.

To register your attendance to the event please follow the link below.

<https://events.teams.microsoft.com/event/9cfd338e-a767-4acb-956b-e42ab75a2839@a750ae1f-cbe0-43b5-b73d-76b2c7899ff8>

If you would like to know more or have any questions, please do not hesitate to contact the organiser James Ratcliffe via email (james.ratcliffe@evertonfc.com).





Liverpool CAMHS

mental health is everyone's business

Whole School Approach to mental health



Make a referral to CAMHS online

Children, young people, parents and professionals can make self-referrals into partnership mental health services and get support from Liverpool CAMHS.

CAMHS Crisis Line - 01512933577

Crisis Care Freephone - 08081963550

Fresh CAMHS - 01512933662



Merseyside Youth Association's mental health promotion team (RAISE Team) deliver a range of bite-size courses covering a range of mental health issues that impact children, young people and their families. Bite-size sessions coming up in August and September, delivered via Zoom unless otherwise stated:

The Online World & Mental Health: 17/10/2024 12pm-1pm

Behaviour as a communication: 21/10/24 12pm-1pm

Self-harm: 01/09/2023 10:00 am - 11:00 am

Introduction to Self-harm: 24/10/24 12:00 pm -1pm

Behaviour as Communication: 11/09/2023 12pm -1pm

Adolescent Brain Development: 31/10/24 10am -11am

Intro to Eating Disorders: 30/10/24 4pm -5pm

Sleep: 4/11/24 12pm - 1 pm

Understanding Low Mood and Depression in Young People:

28/11/24 4pm -5pm

HAVING THOUGHTS OF SUICIDE?
THERE IS HELP AND HOPE

HOPELINEUK

0800 068 4141

07860 039 967

pat@papyrus-uk.org



PAPYRUS – Prevention of Young suicide - Text: 07860 039 967

HOPELINEUK – HOPELINEUK - 0800 068 4141 is a suicide prevention helpline, free and confidential space to openly talk about thoughts with trained advisors by phone, text, email or webchat.

APP- staying alive – free suicidal app to help stay safe with thoughts

SHOUT 85258 - 24/7 text service. Under 18s text GREEN to the number and Over 18s text HEAL to that number



stem4

stemming teenage mental illness
supporting teenage mental health



www.stem4.org.uk support for teenage mental health.

Has information on useful apps to support what your worried about etc

CRISIS DROP-IN'S

Across 3 Community Hubs



YPAS North Hub
Croxdale Road West,
L14 8YA



YPAS Central Hub
36 Bolton Street,
L3 5LX



YPAS South Hub
Lyndene Road,
L25 1NG

See website and social media for times

We can support you through times of crisis

- STRUGGLING WITH YOUR MENTAL HEALTH?
- YOU OR YOUR CHILD ARE IN A CRISIS?
- FEELING LONELY & ISOLATED?
- NEED A LISTENING EAR?
- NEED A SAFE SPACE?

Liverpool CAMHS
mental health in every part of business



Virtual Parent Coffee Morning, Theme: Sleep

MHST and YPAS are holding a coffee event about Sleep online.

About this event:
and guidance on sleep.

Day:
Thursday, 17th October at 10 am

Location:

Virtual

Who is it for?

learn where to access support to help their children and young people.
event.

<https://www.eventbrite.co.uk/e/virtual-coffee-morning-sleep-tickets-1033605591147?aff=oddtcreator>



PARENTS & CARERS CHAT 'N' CHILL DROP-IN

Last Wednesday of the month
10:00am - 12:00 noon
CENTRAL HUB ONLY



Meet other
parents



Get your
questions
answered



Discuss
important
information

SCAN FOR MORE
INFORMATION



Contact us on:

- 07841870927
- familysupport@cellsproject.com
- www.cellsproject.com

Strengthening Family Relationships And Reducing Family Conflict



Are you worried about your relationship?

Do you recognise any of these in your relationship?

- Consistent arguing or shouting over every day stresses such as money, how you parent or who does what in the house?
- You are worrying about or thinking splitting up is the answer?
- Is there sulking, silent treatment, slamming doors?
- Are you anxious or worried about your relationship and is this getting in the way of everyday life?
- Not able to say sorry after an argument, and find it difficult to resolve and move on?

REDUCING
PARENTAL
CONFLICT

Healthy Relationships Liverpool

- mediation support and advice
- learn more about how to make separating better.
- access understanding your relationships free short course for parents
- to give insight, help and support.



112 Great Homer St
Liverpool
L5 3LQ

North West Hub

DART



*Domestic Abuse
Recovery Together*

Open Event

Thursday 24th
October
10am-12midday


DART is a 10 week programme that helps mothers and children (aged 7-14) strengthen their relationship following domestic abuse

email: northwesthub@nspcc.org.uk
Tel: 0151 5561000

Bully Busters

Every 1st Friday of the Month
(except for January)



Learn how to support your child and help them navigate school life. This is a safe space for adults with concerns for their children to ask questions and get the information you need.

Dates:

- 4th October 9:30-10:30
- 1st November 9:30-10:30
- 6th December 9:30-10:30
- 10th January 9:30-10:30
- 7th February 9:30-10:30
- 7th March 9:30-10:30

Adult Learning Centre
Clubmoor and Ellergreen Children's Centre
Utting Avenue East
L11 1JQ