



Mental Health Awareness Newsletter

Stress Awareness Month

April is National Stress Awareness Month and Alsop Mental Health Team would like to raise awareness of the negative impact stress is having on our daily lives

HAVE YOU EVER FOUND YOURSELF IN A SITUATION WHERE YOUR TO-DO LIST SEEMS ENDLESS, DEADLINES ARE FAST APPROACHING AND YOU FIND YOURSELF SAYING 'EEK! I FEEL STRESSED!?' BUT WHAT IS STRESS REALLY, AND HOW DOES IT AFFECT US.

THROUGH THE RELEASE OF HORMONES SUCH AS ADRENALINE, CORTISOL AND NOREPINEPHRINE, THE CAVEMAN GAINED A RUSH OF ENERGY, WHICH PREPARED HIM TO EITHER FIGHT THE TIGER OR RUN AWAY. THAT HEART POUNDING, FAST BREATHING SENSATION IS THE ADRENALINE; AS WELL AS A BOOST OF ENERGY, IT ENABLES US TO FOCUS OUR ATTENTION SO WE CAN QUICKLY RESPOND TO THE SITUATION. THERE IS NO SINGLE DEFINITION FOR STRESS, BUT THE MOST COMMON EXPLANATION IS PHYSICAL, MENTAL OR EMOTIONAL STRESS OR TENSION.

ARE YOU STRESSED AND UNDER PRESSURE? ARE YOU STRUGGLING TO COPE WITH THE DAILY DEMANDS OF YOUR LIFE?

WE'RE HERE TO SUPPORT YOU!

REGARDLESS OF AGE, SEX, ETHNICITY AND RELIGION, NO ONE IS IMMUNE TO THE BURDENS OF STRESS.

ALARMING STATISTICS ABOUT STRESS DEMONSTRATE THE WIDESPREAD PREVALENCE OF THIS STATE OF MIND.



Of those experiencing stress, 16% had self-harmed and 32% said they had experienced suicidal thoughts and feelings

74% of people feel so stressed they have been overwhelmed or unable to cope (Mental Health Foundation and YouGov)

One in 14 UK adults (7%) feel stressed every single day

51% of adults who felt stressed reported feeling depressed and 61% reported feeling anxious

HERE AT ALSOP HIGH SCHOOL, WE ARE COMMITTED TO HELPING YOUR CHILD BUILD RESILIENCE AND DEVELOP COPING STRATEGIES THROUGH OUR MENTAL HEALTH TEAM IN ORDER TO SUPPORT YOUR CHILD THROUGH PERIODS OF STRESS. OVER THE NEXT COMING MONTHS, SOME OF OUR CHILDREN WILL BE SITTING EXAMS, WHICH CAN BE AN EXTREMELY STRESSFUL TIME.

IN ORDER TO HELP THEM COPE HERE ARE A FEW USEFUL TIPS WHICH MAY HELP:

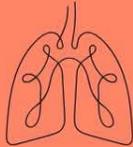
- GREEN THERAPY: IF YOU HAVE A GARDEN, GO OUTSIDE – IF NOT, USE YOUR EXERCISE TIME WISELY AND PLAN A ROUTE WHERE YOU CAN GET A NATURE FIX – GREEN IS GOOD!
- MINDFUL COLOURING – DOWNLOAD FROM [WWW.STRESS.ORG.UK/SAMRESOURCES2020](http://www.stress.org.uk/samresources2020)
- KEEP A MOOD/FEELINGS JOURNAL TO WRITE DOWN HOW YOU ARE FEELING BE KIND TO YOURSELF, TAKE TIME OUT FOR SELF-CARE – IT'S LIKE THE OXYGEN MASK ON THE PLANE; PUT YOURS ON FIRST AND YOU'LL BE IN A BETTER POSITION TO HELP OTHERS
- DIGITAL DETOX – DO SOMETHING THAT DOESN'T INVOLVE A SCREEN TO ALLOW YOU TO DISCONNECT FROM THE 'ALWAYS ON' WORLD WE'RE CURRENTLY LIVING IN. COULD YOU MAKE A 'TECH FREE ZONE'?

FOR MORE RESOURCES TO HELP WITH STRESS PLEASE VISIT WWW.STRESS.ORG.UK,
WWW.YOUNGMINDS.ORG.UK
[HTTPS://COPINGSKILLSFORKIDS.COM/HOW-TO-DEAL-WITH-STRESS](https://copingskillsforkids.com/how-to-deal-with-stress)
WWW.VERYWELLFAMILY.COM



HOW TO BE KIND TO YOUR MIND THIS:

STRESS AWARENESS MONTH

Practice Deep Breathing
 Take slow, deep breaths to calm your mind and body.

Get Moving
 Exercise, stretch, or go for a walk to release tension.

Listen to Music
 Play calming or uplifting songs to improve your mood.

Take Breaks
 Step away from tasks regularly to recharge and refocus.

Write It Down
 Jot down your thoughts or practice gratitude journaling.

Talk It Out
 Share your feelings with a friend or loved one for support.

@ypasliverpool

As we come to the end of a successful GCSE exam season, some of our younger students will be experiencing some stress and anxiety round sitting mock exams and end of year assessments. This is absolutely normal and it is important to be aware of some coping strategies which could help. Please make yourself/ your child aware of these techniques as they can be useful.

It may help your child if they can design a revision plan for when they need to revise for certain subjects and a weekly planner so they are able to visually forecast what they have for the upcoming week.

There is a wealth of visuals and templates on Twinkle- which is free to sign up and some are free to download.



Free Parent and Carer webinars on Kooth - these sessions are designed to let parents and carers know how Kooth can support their children with their mental health and wellbeing. If parents or carers have any questions, they can email parentsandcarers@kooth.com.

www.kooth.com – please access this website for more resources for your young person and a safe space for them to talk and access support



Young Person's Advisory Service

WISH Appointments (YPAS) – Our WISH service can get very busy at certain times so we have some exciting news, you can book an appointment online. Please visit <https://www.ypas.org.uk/> and click to book appointments online



EXCITING ANNOUNCEMENT

We have exciting news!

The walk in support (WISH) hub will be piloting a new appointment booking system as of Monday 27th Jan 2025.

You will now be able to book in an appointment up to two weeks in advance to meet one of our walk in support hub practitioners.

Our WISH service can get very busy at certain times so if you are able to book your appointment in advance please see further details on our website of how to do this:

Follow the link to book yours NOW!

www.ypas.org.uk



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



SAMARITANS



If you're in Wales:



If you're under 25:



0300 123 3393
Open 9am-6pm weekdays

116 123
Always open

0800 58 58 58
Open 5pm - midnight

0800 132 737
Always open

0808 808 4994
Open 4pm - 11pm weekdays

Food Pantry Support Available in the area :

Become a Member of Walton Vale Community Shop

We are open to all households in Walton

Every Tuesday & Thursday 1:30 – 3:30pm

£3.50 for 10 items or £5 for 15 items

Find Us

Address

105 Walton Vale
Liverpool L9 4SR

Food Club

Tuesday 1:30pm – 3:30pm
Tuesday (by appointment only) 5:30 – 7pm
Thursday 1:30pm – 3:30pm

Policies

Privacy Policy
Cookie Policy

Our House Community CIO: HOPE Pantry



Description

Community Hub in Walton offering **HOPE Pantry** (this page), **Counselling and Mental Health Courses**, and **Health, Wellbeing and Leisure activities**.

Hope Pantry can help you bring down your food shopping bills, and have access to good food, whilst freeing up more money for other essentials and enabling tight budgets to stretch a little further. This means that you can survive in tough times, rather than being swept into debt.

Price Guide

- 10 Items - £3.50 per week
- 15 Items - £5.00 per week

Service Details

Locations

- Our House Community, 15 Heathcote Road, Liverpool, L4 6XB (directions displayed on map)

Organisation:

Our House Community CIO

Service Type:

Food Support

Website:

<https://ourhousecommunity.uk/whats-on>

Council Area:

- Liverpool

Opening Hours

Opening Days:

- Wednesday

Opening Times:

Wednesday fortnightly 12pm - 3pm

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

inourplace

If you live in Liverpool * then you are eligible to free, lifetime access to these online guides. Visit and enter the following access code: **PURPLEBIN**

Everton
in the Community



Everton In the Community run a food market Every Thursday 10am -12pm £3.50 for roughly £25 worth of fresh meat, fruit/veg. Also has Riverside Housing for housing advise and information, CAB – debt advise as well as other services. Registration is required before you can access food market and will need to bring proof of address in form of a bill etc.

UNDERSTANDING YOUR CHILD

SOLIHULL APPROACH

**ALL COURSES NOW AVAILABLE VIA THE MOBILE PHONE APP -
COMPLETE A COURSE AT YOUR OWN PACE – ANYTIME**

These evidence-based guides written by the Solihull Approach (NHS) will show you how your child develops from the womb right through to early adulthood. Liverpool parents, carers and grandparents can use these guides to understand their child and learn how to build lasting, positive relationships with them, benefiting the whole family.

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



YOUNGmINDS

fighting for young people's mental health

www.youngminds.org.uk

support for young people
and parents/carers for
mental health, urgent
help and lots of resources
and support.

