



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 **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



As we approach exam season, some of our students will be experiencing some stress and anxiety round sitting exams. 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.

Next week is **Mental Health Awareness Week** is 12 to 18 May. And we're on a mission to create communities that care for people living with mental illness. Here at Alsop, we have a Mental Health team dedicated to supporting young people if they are struggling with their mental health. If you have any concerns please contact reception and ask to speak to one of the mental health team.



As part of Mental Health Awareness Week, Everton in the Community are hosting a free 1-hour online mental health awareness workshop for parents and guardians of young people aged 12-18.

Taking place on Wednesday 14th May 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. The session will also educate parents and guardians on ways they can help their child become more resilient in and outside of school.

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

<https://events.teams.microsoft.com/event/cc8bc278-40f9-49f9-b98a-dcd9e7622272@a750ae1f-cbe0-43b5-b73d-76b2c7899ff8>

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

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

If you're in Wales:



If you're under 25:

THE MIX

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

For every attendee there is a chance to win prizes, including 2 tickets to the Royal Court to see Speedo Mick, LFC Stadium Tour Tickets, and more...

MEN'S

Community

**HEALTH
FAIR**

**Wednesday 28th
May**

Lee Jones Centre
Limekiln Lane
LS 8SN
10am - 3:30pm

Come to our Community Health Fair and find out information regarding your health state.

For more information:
Email: communitychampion@daisyuk.com

**Get Free
Screenings &
Information**

- Mental Health
- Blood pressure
- Cancer Screening
- Stop Smoking Advice
- Addiction Support
- Disability Services
- Training & Career Advice

Parents and carers can access the three-part “Understanding and supporting my child’s ADHD” programme, which explores different aspects of living with ADHD and strategies to support it.

The programme is delivered as live-streamed online sessions, with sessions available on various dates and times, including evenings and weekends.

Referrals for the programme can be made by CAMHS, Local Authorities and Paediatrics. However, families can also self-refer to the service by completing our online referral form.

Liverpool Families

Families of Children and Young people living in the Liverpool area (excluding Knowsley and Sefton) can access our 3-part, live streamed “Understanding and Supporting my child’s ADHD” webinar programme. Referrals can be made by paediatricians, CAMHS, Local Authority or from families themselves. Families can self-refer by using this link: [REFER](#)

Every parent or carer wants their child to be happy, healthy, and have the best future possible.

Through our strength-based programmes, our Parenting Team are committed to supporting parents and carers to develop their skills and knowledge of neurodevelopmental conditions, to help their children and young people to thrive and achieve their full potential.

Our Parenting Team can be contacted at parenting@adhd.foundation.org.uk

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

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 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.

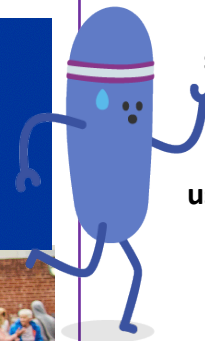
stem4

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.



