



Mental Health Awareness Newsletter

It is that time of the year again where our students are ploughing through to reach the finishing line – GCSEs approaching and everyone is underway completing coursework, which can be a stressful time for everyone – students and parents/carers.

Many people with high exam anxiety can't stop worrying about failing or the consequences of failing. For instance, 'If I fail my GCSEs my whole life will be a failure'. These types of beliefs focus on what you can't do rather than what you can.

Find a positive, realistic belief that can replace the negative belief. For instance, if your negative belief is 'I am rubbish at maths' a positive, realistic alternative could be: 'Even if I will never be the best at maths, I will do better if I have a revision plan and stick to it'.

The key things to remember are that:

- if you suffer from anxiety, replacing negative beliefs can help
- some people find it helpful to keep a record of their beliefs
- you can become a more confident person with a 'can do' attitude



For many students, starting revision is the biggest hurdle to overcome.

One of the most effective ways to build confidence about taking exams, overcome any nervousness about starting revision, and manage any worry about taking exams, is to structure revision.

A good way to manage this is to:

Create a plan: break down everything you need to revise into small topics and just revise one topic at a time. By creating a plan you are taking control

Set targets: identify when you are going to revise each topic. Give yourself a time limit for when to complete each topic

Check progress: check your progress and set yourself a new time limit if necessary. Once you've met a target, set yourself a new one

Stress is not necessarily a bad thing

People react to stress in different ways. Stress can be a great motivator for some students, giving them the 'get up and go' that they need to succeed. Other students are indifferent to stress; they can float along without getting affected by stress in a good or bad way. Stress can be a bad thing for some students, when exam pressures become overwhelming.

Here are some techniques to help with stress and external support you can access:

FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.

BELLY BREATHING
Slowly fill and empty your belly with breath

BREATHING VISUALIZATION
Visualize taking in something positive with each breath

BREATH COUNT
Count your breaths slowly and evenly

MINDFUL BREATHING
Pay attention to the rhythms of your breath

123

#DeStressMonday DeStressMonday.org **DE STRESS MONDAY**

6 Ways to Comfort Students Who Are Stressed About Exams

Not sure what to say or do to comfort your stressed teen? Try one of these six strategies to soothe their worries and get them prepared and confident for their exams:

<p>Ask them what they need today</p> <p><i>Say: "Shall we take a walk together later, or do silly dances?"</i></p>	<p>Look after their needs when they forget</p> <p><i>Say: "It's time for a break, I made us some dinner – your favourite!"</i></p>	<p>Let them unburden on your shoulder</p> <p><i>Say: "Do you want to talk about it? I've got time"</i></p>
<p>Become a pro study buddy</p> <p><i>Say: "Can I help you set up a practice test in exam conditions?"</i></p>	<p>Remind them of their worth</p> <p><i>Say: "Don't forget I love you, no matter what happens in your exam!"</i></p>	<p>Be there for them on exam day</p> <p><i>Say: "I believe in you! I'll be thinking of you tomorrow"</i></p>

ExamStudyExpert.com/student-exam-stress

Box breathing

Hold for 4 counts

Inhale for 4 counts

Exhale for 4 counts

Hold for 4 counts

Benefits of box breathing:

1. Brings balance to your mind and body
2. Regulates your natural rhythm
3. Effective in dealing with stress, anxiety and anger

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:

- Social media and mental health** - 09/05/2024 10:00am - 11:00 am
- Self-harm** - 09/05/2024 4:00 pm - 5:00 pm
- Managing my stress response through a trauma lens** - 13/05/2024 4:00 pm - 5:00 pm
- Kinship Kids and Mental Health** - 16/05/2024 10:00 am - 11:00 am
- Managing Child Worry** - 16/05/2024 4:00 pm - 5:00 pm
- Adolescent Brain Development** - 21/05/2024 4:00 pm - 5:00 pm
- Body Image** - 22/05/2024 10:00 am - 11:00 am
- Post Traumatic Stress Disorder** - 22/05/2024 10:00 am - 11:00 am



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



Chill Panda

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

Feeling low?
Overwhelmed?
Anxious?

Talk to us.

Text
GREEN
to
85258

for free and
confidential
support 24/7

shout
85258

in partnership with



OUR MEN'S GROUP

GROUP FACILITATOR
Ryan Hoey

WE ALL HAVE A STORY TO TELL.

WHEN
Every Monday
1:00pm—2:00pm

WHERE
Garston Children's Centre
70 Banks Road,
Garston
Liverpool
L19 8JZ

0151 233 6868

DROP IN SESSION
Refreshments Provided
Call in for a chat
Form new friendships

YOU ARE NOT ALONE!

IT'S OKAY TO TALK!



A Few minutes could chnge you whole day

– meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. They will teach you the life-changing skills of meditation and mindfulness in just a few mintes a day

Headspace review

What people are saying

I never thought I'd be able to meditate. Not only can I meditate now, but this app has actually cured my long-suffering insomnia.



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

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.

YM Parents Helpline
0808 802 5544
youngminds.org.uk
Mon-Fri 9.30am-4pm

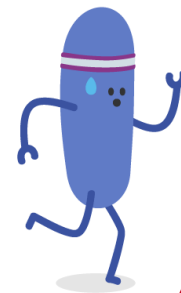
stem4

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



When and where you can visit us...



YPAS North Hub

Croxdale Road West,
L14 8YA

Wednesday: 9.30am - 8pm
Thursday: 2pm - 8pm



YPAS Central Hub

36 Bolton Street,
L3 5LX

Monday: 9.30am - 8pm
Tuesday: 9.30am - 8pm
Wednesday: 9.30am - 8pm
Thursday: 2pm - 8pm
Friday: 9.30am - 4pm



YPAS South Hub

Lyndene Road,
L25 1NG

Monday: 9.30am - 8pm
Tuesday: 9.30am - 8pm

YPAS

Young Person's Advisory Service

Our Walk-In Support Hubs don't offer crisis support...

...However, we do offer:

- Support for emotional wellbeing needs
- A range of practical support
- Information, Advice, and Guidance
- In some cases, our practitioners will offer low-intensity CBT-based models of support.

More YPAS events

Open Access Drop-In Coffee Morning

Grab a hot drink and join us for a chat. Theme to be confirmed.
To book a place please visit: www.ypas.org.uk/whats-on/

DAY	TIME	LOCATION
15TH, MAY	10AM - 12:00PM	NORTH HUB

Open Access Coffee Morning
Wed, 15 May, 10:00
YPAS Plus North Hub
Free
YPAS

Open Access Drop-In Coffee Morning

Grab a hot drink and join us for a chat. Theme to be confirmed.
To book a place please visit: www.ypas.org.uk/whats-on/

DAY	TIME	LOCATION
17TH, JUL	10AM - 12:00PM	SOUTH HUB

Open Access Coffee Morning
Wed, 17 Jul, 10:00
YPAS Plus South Hub
Free
YPAS

Open Access Drop-In Coffee Morning

Grab a hot drink and join us for a chat. Theme to be confirmed.
To book a place please visit: www.ypas.org.uk/whats-on/

DAY	TIME	LOCATION

Open Access Coffee Morning
Wed, 21 Aug, 10:00
YPAS Plus North Hub
Free
YPAS



WALK IN SUPPORT HUB

We're here for you
Same places
Same times
Different name



kooth.com

Able to self refer

On Kooth, children and young people in Liverpool aged 10-25 will have 24-hour

access to self-help materials as well as goal-setting and mood-tracking tools. The online service hosts moderated forums, allowing for peer-to-peer support and interactive messaging with counsellors. Users are also able to drop in or book anonymous online counselling sessions with qualified therapists who are available in the evenings and at weekends; sessions are available on weekdays from 12 pm and 10 pm, and from 6 pm to 10 pm on weekends.



1 Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



2 Choose from the drop down box the **location** you are in
3 Click on the **gender** you identify with
4 Choose from the drop down box the **ethnicity** that best fits you
5 Add your **age** and the **month you were born**
6 Click **'continue'**



7 Create an **anonymous username** (not your real name) and **secure password**
8 Choose from the drop down box to explain where you found out about **Kooth**



9 Click on the **'create account'** button to complete your registration

How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**

www.kooth.com