



BLACKPOOL PMHW

PMHW NEWSLETTER

September 2021



New Term & New Beginnings

We start this month's newsletter by giving Natalie Wood a warm welcome to the PMHW Team. It is always worth giving a reminder of what PMHW can offer your service. Attached to the newsletter is the full PMHW offer & consultation guide.

What do we offer with our consultations ?

We:

- offer a variety of consultations with professionals via telephone, email, TEAMS and face to face (COVID Safe) meetings.
- discuss current concerns, safety / risk factors and devise a plan to support the young person.
- look closely how best to support the young person as well as contacting appropriate service for bespoke support.
- assist with effective referrals into OPTIONS4CYP.
- look into family consultations alongside the professional to encourage and guide families in playing a vital role in their child's emotional health and wellbeing.

Who we consult with:

-Primary Schools

-Blackpool & Fylde College's & 6th Forms

-High Schools

-GPs

-Education Diversity / ECHP Schools

-Blackpool Council

Teams

-School Nurses

-3rd Sector Agencies

How to contact us for more information :

Blackpool CAMHS : 5-18 Years (Schools)

Helen Moss : Helen.moss21@nhs.net

Natalie Wood Natalie.wood49@nhs.net



PMHW NEWSLETTER

Dates for your Diary ...

Join thousands of schools and communities on Friday 8 October by taking part in #HelloYellow and raising vital funds to support our work. Dig out your neon socks, custard scarf and banana hat - let's show young people they're not alone with their mental health!

We all struggle with how we're feeling sometimes and it's normal to have ups and downs.

This year might have felt a little more down than up. But it's the little things that have got us through it - Saying #HelloYellow this World Mental Health Day is a little thing we can do to make a BIG difference to young people's mental health.

Because a little yellow goes a long way.

YOUNG MiNDS
fighting for young people's mental health

www.youngminds.org.uk



BLACKPOOL PMHW

PMHW Recommends

Mental Health Foundation have launched a new campaign called Mind Over Mirror in a bid for us to gain a greater awareness of body image and the impact this has on us growing up, particularly on our emotional and mental health. Take a look at the website to find out more in ways you can support your own and others' journey to self acceptance. Enjoy the free downloads and reusable resources.

Mind Over Mirror

We've seen a boom of information about body image in recent years with some excellent campaigns (see Dove's Be Real Body Confidence campaign) raising the profile of this challenge for so many. However, UK adults still struggle with their body image.

The statistic above tells us two things.

1. **If you struggle with body image difficulties, you're not alone.**
2. **Body image is directly linked to our mental health.**

This means body image concerns are real. They are common and we don't need to just ignore how we feel about ourselves. Most of us would agree that we still need more information about body image – especially on how to change our body image to be healthier.

Don't forget to check out:

[Mind Over Mirror | Mental Health Foundation](#)





Thankyou to Anchorsholme Academy who have shared with us the following information regarding how beneficial they find having a Primary Mental health Worker in the school setting:

At Anchorsholme Academy we rely upon advice and support from our PMHW, previously Helen Smith and now Stephanie Rowe. The development of this team, and indeed the CWP, has been a welcome addition to CAMHS in providing that vital early intervention that had been missing for so long within the Blackpool children's mental health services.

Helen has trained our Learning Mentor, to deliver sessions to children that address worries and to provide a safe space to talk, support each other and take on strategies to help when times are tough. This is a regular part of her day-to-day timetable and provides much needed support at that early intervention level that does not need a referral to Stephanie.

Stephanie is always quick to respond with advice and signposts us to the appropriate support if our child does not fulfil criteria or needs support of a different kind. The whole process of consultation, team discussion and then decision is quick and appears seamless. Even when a child does not meet the criteria, we have been signposted to other avenues of support so that we are not left to flounder whilst trying to help the child and family.

The relationship that we have with our PMHW is extremely positive. This is really important because we may find ourselves needing to question a decision that has been made but would not be afraid to have that tough discussion to obtain clarification as to the reasons why the child may not meet criteria. We are also happy to refer if we felt the need arose after a discharge because the relationship that has been forged is open and honest and is a working partnership.

CASHER

The Child & Adolescent Support & Help
Enhanced Response Team

OFFER URGENT

To book a place at this clinic, please contact the **CASHER** Team within their duty hours (please leave a msg if necessary & they will contact you asap)

0800 121 7762 Option 2

;Mon-Fri 5pm-10pm or Sat/Sun 10am-8pm. (Bank holiday times can vary)

HOPELINEUK DEBRIEF SERVICE

We work with professionals including GPs, teachers, councillors, police, first responders and frontline workers, who have recently had an encounter with suicide, and would like to talk it through with a trained professional.

0800 068 41 41

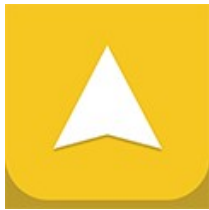
07860 039 967

pat@papyrus-uk.org



PMHW NEWSLETTER

September's NHS Recommended Useful Apps for Anxiety



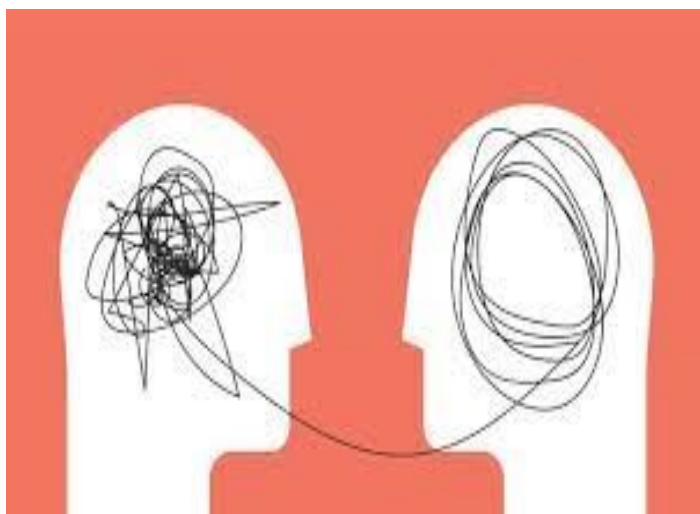
Stress & Anxiety Companion

Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.



My Possible Self

Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking.



CAMHS Corner : This month EMDR Therapist Jan Edwards has provided us with information on EMDR (Eye Movement Desensitisation Reprocessing) therapy.

Did you know both CAMHS & Youthery have EMDR therapy available?

What conditions does EMDR treat?

EMDR therapy is known to be active in treating **Trauma** and **Post Traumatic Stress Disorder (PTSD)**. When the person cannot get away from his/her trauma, they are forced to relive the original event through disturbing symptoms such as flashbacks, nightmares, or panic attacks. EMDR may also be able to help treat other conditions like anxiety, depression and panic disorders.

Most people think that therapy involves only talking about problems. However, one aspect of EMDR is that you do not have to talk in detail about a trauma.

When an upsetting event occurs, this can get locked in the brain and EMDR will help you change your bad thoughts into good thoughts about yourself and the scary or confusing things will be less upsetting. EMDR Therapy is a way to get past your past.

Why not take a look at for further information on EMDR

www.emdr.com

[EMDR European Association – EMDR Europe is the official professional association of National EMDR Associations \(emdr-europe.org\)](http://www.emdr-europe.org)





Youth Mental Health First Aid

Following a successful summer of training Blackpool Primary and Secondary schools in Youth Mental Health First Aid and the Champions Courses, we are pleased to confirm the training will remain available via Lancashire Safeguarding Boards Learning & Development.

Please use the link provided [e-Training - Course Booking](#) (lancashire.gov.uk) or contact lscb.training@lancashire.gov.uk for further details and to apply.

Courses start as early as late September.

CASHER **CAMHS** **Youtherapy** **NHS Blackpool Teaching Hospitals**

Do you have concerns about a young persons, emotional health & Wellbeing ?

Would you like further information on local services & support available?

Keen to gain support for young person ?

Unsure where go get support for a referral?

Are you struggling with overwhelming thoughts & feelings ?

Blackpool Primary Care Mental Health workers offer an ongoing weekly Monday drop ins, for support and guidance. Open to young people, parent carers & professionals.

We can discuss current concerns, safety / risk factors and devise a plan to support the young person. We look closely how best to support the young person by signposting the most appropriate services. We can also assist with effective referrals into OPTIONS4CYP.

VENUE
Westminster Primary Academy
Childrens Centre
Westminster Road
Blackpool
FY1 2QE

Monday: 2pm-4.30pm

For Further Infomation Contact:
0800 121 7762

Did you know we have PMHW drop in sessions?

Day: Monday

Time : 14.00-16.30

**Venue : Westminster Primary Academy,
Childrens' Centre FY1 2QE**

**We have attached the most up to date poster to
this month's newsletter.**

Please contact us directly for further information

Are you following us on Social Media ?



**@youththerapy / @Blackpool_PMHW /
@entwined_minds**



@youththerapybpool @blackpoolPMHW



@youththerapybth

**With Thanks from
Helen, Leanne and
Natalie.**

Blackpool PMHW