

Fylde Coast Mental Health Support Team

Support and Help IN Education

Newsletter

September 2022 Issue : 2

WELCOME BACK

- We hope you all had a great summer break, and we are looking forward to supporting students across Blackpool and Wyre for the 2022/2023 academic year.
- As a team we will continue to provide ongoing support to schools around mental health and wellbeing and work directly in the education setting you or a young person you care for attends.
- Our service provides low-intensity cognitive behavioural therapeutic interventions to students with mild to moderate mental health conditions, such as anxiety, low mood or behavioural difficulties, stress and other common mental health or wellbeing difficulties. Our services can be delivered face to face in schools, online or by phone.
- Another important part of our work in the future, as the service develops, will be to offer a range of workshops and groups on a variety of topics to reach a wider audience of children, young people, parents and education staff.



SUMMER SESSION UPDATE

Over the Summer we offered sessions, in the community throughout Blackpool and Wyre. It was lovely to meet students from education settings we attend, offer support and advice regarding mental health services for young people in Blackpool & Wyre, while spreading the word about our own service.

Thankyou for all that attended.



TIPS FOR GOING BACK TO SCHOOL & COLLEGE

A new academic term can be exciting - or a bit scary!

Maybe you're about to start a new year, or even a new school / college - maybe you've already gone back and have been settling in after the summer holiday?

Well, don't you worry! Here's the Fylde Coast MHST guide to smashing the new term and heading back to school and college.

HELPFUL TIPS



It can take time to adjust to being back at school, and it's okay if it doesn't feel comfortable at first. Even when you're back at school, make time every day to do something you enjoy.



Make a list of everything you will need for returning back to school or college. Pack your bag the night before!



Make sure to get the right amount of sleep, around eight hours. Losing sleep while studying will only slow down your brain, instead of absorbing more information, so with enough sleep, you will be able to refresh your brain and energize your whole body the more sleep you get.



Get to know your timetables, plan a route to school / college in advance, make sure you know how you will get there to avoid being late or getting lost.



The mood journal can help you to let your feelings and worries out. Why not use it to write about how you're feeling before going to school and how it's gone when you get home?



No question is a silly question, so don't forget to ask your parents, carers or teachers about anything you're unsure of. Speak about what's on your mind!



Start the day by doing something you really like, such as listening to your favourite music.



New classmates! You will more than likely have some new classmates this year and possibly even a new teacher. Try to be patient and friendly with them and remember they could be nervous too.



But the most important thing is to be yourself! Everyone in your new class will be experiencing changes, whether they're new to the school / college or not. Think of all the exciting things you'll get to do this year.

This month we explore what is Anxiety?



Anxiety is a normal emotion that everyone will feel at some point in their lives. It can be difficult to control and can impact our lives by making it difficult to do certain things.

It is a normal, human feeling of fear or panic. When we face stressful situations, it can set off our brain's in-built alarm bell system, which tells us something isn't right and that we need to deal with it.

Our brain wants the difficult situation to go away, so it makes us feel more alert, stops us thinking about other things, and even pumps more blood to our legs to help us run away.

Most of us worry sometimes – about things like friendships or school – and feel anxious when we're under stress, like at exam time, but afterwards we usually calm down and feel better.

But when you're not in a stressful situation, and you still feel worried or panicky, that's when anxiety can become a problem.

The symptoms of anxiety

Physical Feelings

- dry mouth
- dizziness
- muscle ache/tension
- shaking
- sweating
- feeling sick
- headache
- stomach ache

Emotions

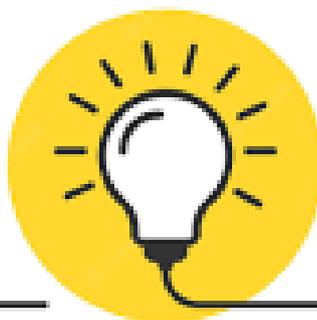
- nervous
- sad
- scared
- frustrated
- frightened
- panicky

If you experience any of these symptoms above, it doesn't mean you definitely have an anxiety problem, but if any of them are affecting your everyday life, it's a good idea to tell someone you trust about how you're feeling.



TIPS To help manage feelings of anxiety

- Spend quality time together and talk about other things, with a friend or a parent /carer. Even if it's just for a little while, you can help take your mind off your worries by having fun, relaxing and laughing.
- Activities like playing sport, colouring or playing musical instruments are great for focusing the mind on the moment.
- Do daily things we know are important for our mental health, such as physical exercise, sleeping well, eating healthily, Regular exercise is particularly important for anxiety because it can help to reduce the symptoms in the body.



DID YOU KNOW?

The Fylde Coast MHST focus is to impact on young peoples mental health and wellbeing in a positive way

We can talk to you and your parent or Carer about what you are finding difficult

EMHP stands for Educational Mental Health Practitioners

The teams consist of Educational Mental Health Practitioners (EMHPs) trained in low-intensity CBT interventions, Clinicians and Senior Clinicians, as well as Service Managers. Between them, they have a wealth of experience in supporting children and young people with their mental health and navigating services.

We aim to promote the early detection and prevention of mental health problems within the whole school or college community.

We work with young people directly or with school/ college to help improve resilience, problem-solve difficulties and develop coping strategies to support mental health.

We might put you or your parent in touch with other professionals who can support you

We are based in high schools across Blackpool, Wyre & Blackpool & the Fylde College

How To Contact Us ?

Your school's Senior Mental Health Lead will have details of your EMHP & Mental Health Practitioner

Telephone: 0800 121 7762 (Option 4)

E mail: bfwh.shine-MHST@nhs.net

If you have any further questions do not hesitate to contact us directly and one of our team will respond to you

Why not follow us on Social Media?

Caring · Safe · Respectful



@shine_mhst



@shine_mhst