

The Mental Health Support Team

Monthly Newsletter
April 2021

Welcome to our monthly newsletter! After the newsletters provided to you during lockdown and the summer, we have decided to continue sharing resources for students, parents and carers to support wellbeing during these uncertain times!

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing: <https://bit.ly/wayswellbeing>

Mental Health Support Team Podcast



We have recently launched a brand new podcast where we discuss a variety of topics related to mental health and well-being.

Recent episodes include: How to start a conversation about mental health and LGBTQ+ History Month!

<https://www.youtube.com/channel/UCf90qsjAXsC8dGflt77NQw>

MHST survey

We are keen to hear your thoughts on the return to school from 8th March and now in April. Below are links to a parent/carer survey and Young person's survey (for Y5 students upwards).

[Young people:](#)

[Parents/Carers](#)



Videos and Podcasts:

All of our MHST videos for parents/carers and teachers can be found here:

<https://www.response.org.uk/mental-health-support-team-podcasts-videos/>

There are now new videos on Managing Worries



The Mental Health Support Team

Monthly Newsletter

April 2021

April Events

Use Ctrl and click to access the website



All month:
Stress Awareness Month



All Month
Autism Awareness



All Month
National Pet Month



11th to 17th April
Parkinson's Awareness Week



22nd April
World Earth Day



19th to 30th April
The Big Pedal 2021



19th to 25th April
MS Awareness Week



23rd April
World Book Night

Wellbeing resources

- CAMHS resources: <https://www.camhs-resources.co.uk/>
- Coping with anxiety around returning to school: https://youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/?gclid=EAlaIQobChMI1tzynauH7wIVAtTtCh1AOgx0EAAAYASAAEgJxGvD_BwE
- Settling a child with SEN back into school: <https://www.theschoolrun.com/settling-child-sen-back-school>
- Helping your child cope with difficult feelings: <https://www.theschoolrun.com/help-your-child-cope-with-difficult-feelings>
- Supporting your child's mental health: <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

The Mental Health Support Team

Monthly Newsletter

April 2021

Autism Awareness Month

April is Autism Awareness Month. For more information visit the pages below

<https://www.autismtogether.co.uk/autism-awareness-month/>

<https://www.autismtogether.co.uk/wp-content/uploads/2021/03/ATMbooklet.pdf>

<https://www.autism.org.uk/>



What is Autism



(from National Autistic Society website): <https://www.autism.org.uk/>

What is autism?

Autism is a lifelong developmental disability which affects how people communicate and interact with the world. One in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK.

Being autistic

Autism is a spectrum condition and affects people in different ways. Like all people, autistic people have their own strengths and weaknesses. Below is a list of difficulties autistic people may share, including the two key difficulties required for a diagnosis. Click on the plus sign for more information.

Ever-changing definition

The definition of autism has changed over the decades and could change in future years as we understand more. Some people feel the spectrum is too broad, arguing an autistic person with 24/7 support needs cannot be compared with a person who finds supermarket lights too bright. We often find that autistic people and their families with different support needs share many of the same challenges, whether that's getting enough support from mental health, education and social care services or being misunderstood by people close to them. We will continue to fight to make society work for autistic people.

Outside Links

Childline: under 19s can call **0800 1111** for free, confidential support

SHOUT: text 'shout' to **85258** for 24/7 crisis text support

Emerging Minds: <https://bit.ly/EMAnxiety>

Self Care Ideas for Children

Supporting Parents who are Worried About Their Children's Well-being during Lockdown Booklet—Guidance for discussing worries, wellbeing tips and more!

CAMHS Oxfordshire: <https://www.oxfordhealth.nhs.uk/camhs/oxon/>

In a crisis call

111