

CAMHS School In-Reach Newsletter

February 2021

I hope that you are keeping safe and well and enjoyed a well-deserved rest over the holiday period although I am sure this feels as it was a long time ago now. In School In-Reach news we are excited to welcome Debbie Earnshaw who many of you may know from her previous School Health Nurse role.

During the COVID-19 Pandemic the School In-Reach team are also supporting the Single Point of Access (SPA) due to a high number of families seeking and so if there any delays in replying to emails apologies, I will get back to you as soon as possible. As always if you do need urgent support please call SPA on 01865 90 2515. Becca Sheahan—CAMHS School In-Reach

Over the year, we have all experienced lots of changes due to the Covid-19 pandemic and with the most recent news of a third national lock-down it is understandable that we are feeling anxious or low in mood. As discussed in our previous newsletter these are a normal reaction to such big changes, and to the uncertainty around what will happen in the next few months. Ways we can look after ourselves during this time.

Care: Looking after ourselves is important to maintaining our emotional energy, we can do this through getting up and a similar time, making sure we are washing, brushing our teeth and getting dressed. These little things, although we may be reluctant to do, will make us feel better in the long run.

Continuity: When things change around us very rapidly it can be difficult to manage, one way we can combat this is by focusing on things that help increase our feelings of normality, this can be done through watching the same show or content creators that you usually watch or listening to the same radio station you normally do on the way to school. Keeping a routine will make us feel more in control and grounded.

Creativity: Being creative and enjoying hobbies can really help to lift our mood, so sing, dance, paint, draw or try something new as this will help to distract from worries that we might be feeling and you may find a new hobby that you love.

Compassion: Being kind to yourself and others is really important and this includes seeking support and talking to someone if you feel you need it. Being there for someone else if they are struggling and showing kindness can make us feel more connected to those around us and support our mental wellbeing.

Key Dates

**Children's Mental Health Week - 1-7
February 2021**

TOP TIP– Muscle Relaxation

Tense then hold for 10 seconds and release.

Toes, Calves
Thighs, Stomach
Fingers, Arms, Shoulders
Jaw and Eyes

APP OF THE TERM– MindShift

An app to help teens cope with everyday anxieties, it teaches relaxation, suggests activities to help you shift and face it. More info can be found here: [MindShift™ CBT - Anxiety Canada](#)



Child & Adolescent Mental Health Services (CAMHS) help children, young people and their families who are experiencing mental health difficulties. If you feel you need further support please call the Single Point of Access (SPA) on: **01865 902515**. *The SPA team work between the hours of 9am-5pm Monday-Friday (excl. bank holidays). Outside of these times please call your out of hours GP or 111, and in an emergency always call 999.*