



Say Hello to Sunshine with the MHST

As the sun begins to make an appearance, we look forward to spending more time outside. Spending time outdoors, particularly in the sun, is known to have a positive impact on our mental wellbeing. We encourage you this month to spend more time out and about choosing more outdoor activities. The range of weather has been variable and we've needed to adapt our clothing to match the weather outside. Our moods can fluctuate—just like the weather—and it's helpful to be able to recognise what helps us when we're experiencing this.

We can all find this difficult to manage at times and we may need the support of others; if you feel that a referral to the MHST would be helpful please speak to a member of staff.



Who are the MHST?

We are a team working alongside schools and the Children and Adolescent Mental Health Services to support children and young people with their mental health and wellbeing.

What we can help with:

Sleep difficulties

Anxiety Worry

Challenging behaviour

Phobias

Panic Low Mood

OCD

Single Event Trauma

Mental Health Awareness Week

As exams begin to start it is easy to let mental health take a back seat. This year's Mental Health Awareness Week begins on the 15th of May and can be a good time for reflection.

This year's theme is 'Anxiety'.

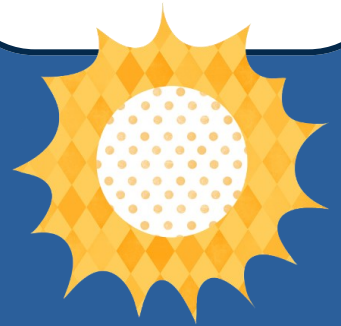
Anxiety is a feeling of unease such as worry or fear that can be mild or severe and is something that is felt by everyone. Lots of things can contribute to feelings of anxiety including exam pressures and our relationships or friendships. Anxiety is

one of the most common mental health problems we can face with 1 in 3 young people experiencing this before they turn 18.

On a positive note, anxiety can be made easier to manage. This week aims to help increase awareness and understanding of anxiety and think about things we can do to help us feel calmer and happier. The focus for this week is to provide information on the things that can help prevent anxiety from becoming a problem.

For more information on mental health and wellbeing, go to www.HampshireCAMHS.nhs.uk

The MHST is always here to offer support, so if you think this is something that could help you, speak to your designated mental health lead or an adult you trust at school.





ChildLine - Call 08001111 9am-Midnight Everyday - Free telephone support for children to discuss any concerns or worries.

Shout - text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.

Kooth - <https://www.kooth.com/> - 24/7 online counselling.

Activities to Help Manage Anxiety

Go on a walk or bike ride



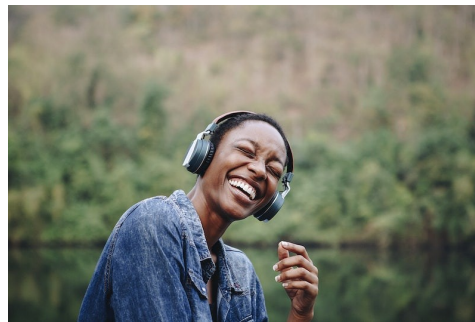
Write in a journal



Meditation/Mindfulness



Listen to music



Read a book



Watch a movie/TV show



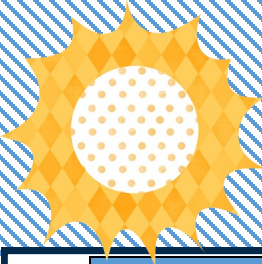
May Dates:

- ◆ 1st –May Day (Bank Holiday)
- ◆ 3rd–World Laughter Day
- ◆ 4th–Star Wars Day
- ◆ 5th–Cinco de Mayo/ Europe Day
- ◆ 6th –King Charles III's Coronation
- ◆ 8th –Coronation Bank Holiday
- ◆ 15th–National Children's Day UK
- ◆ 15th– 21st–Mental Health Awareness Week
- ◆ 20th–World Bee Day
- ◆ 21st–World Day for Cultural Diversity for Dialogue and Development
- ◆ 29th–2nd June–May Half Term

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MENTAL HEALTH SUPPORT TEAMS





A mood tracker helps you to keep an eye on mood patterns and better understand how you are feeling. This can also help you to identify areas or activities that you may struggle with and highlight how this affects your mood. Here is an example of how you might track this on a weekly basis:

Day	What did I do?	How did I Feel ? Mood score _/10 (0= low, 10= high)
Monday		/10
Tuesday		/10
Wednesday		/10
Thursday		/10
Friday		/10
Saturday		/10
Sunday		/10

