



DARLINGTON
MENTAL HEALTH SUPPORT TEAM

Welcome to the Darlington Mental Health Support Team April 2023 Newsletter



What do we do?

Early mental health intervention for young people in school
Work with school staff to build a Whole School Approach to mental health
Act as a link between schools and local mental health services
Offer advice, support, and signposting information

Sounds like something we can help your child with? Please contact your school's mental health lead for more details.

We can also be contacted via 07500 799524 or tewv.mhstdarlington@nhs.net

Transitions

When stepping up to secondary school we might notice that families experience many different emotions.

Some young people will be feeling very excited and enthusiastic about the move to a new school. At the same time many report that they may feel scared, nervous, or worried, but we must remember these feelings are normal.

To support transitions MHST Darlington are providing Stepping Up to Secondary 4-week workshops in some schools over the next couple of terms to support year 6 pupils.

When stepping up to a new school parent/carers and young people might notice that they experience many different emotions.

The small things families do can make all the difference – show an interest, keep talking, listening and encouraging.

In times of change it is self-care is important and the following tips may help.



Call or text a friend



Read a book



Be active



Eat some healthy foods



Spend time with family

Do the things that make you feel good!

Contact MHST - Tel: 07500 799524 / Email: tewv.mhstdarlington@nhs.net
In the event of a mental health crisis Tel: 0800 051 61 71

Easter Children's Wellbeing Day

Laura and Nina from our friendly team recently attended the Children's Wellbeing Day in the South Park in Darlington.

This event was organised by the Darlington Mental Health Support Team in collaboration with Groundworks.

A number of organisations also attended including MIND, Kooth, Daisy Chain, Darlington Parent Carer Forum, The Growing Healthy Team, Humankind and more.

The aim of the event itself was to increase awareness of (children's) mental health within the community, reduce stigma and increase participation and accessibility.

We met lots of families who enjoyed taking part in the activities - we spotted a couple of budding artists.

We will be organising other events during the summer and hope to see you there!



Exam Stress

Kooth is an online mental health and wellbeing Service for children and young people.

If a child is finding the upcoming exams period overwhelming, they can find support from Kooth. Starting on the 24th of April, Kooth will be releasing lots of new content and discussions around exam stress and stress more broadly.

How to join Kooth:

Whatever a child is going through, Kooth's team and online community can help. Children can get started today by clicking here go.kooth.com/Dj5A.

Kooth also has a service for adults called Qwell. To check if it's available check go.qwell.io/4AQ7eQ.

Let's talk Money

We all know that the effects that the current financial crisis is having on a day-to-day basis.

Like any worry or stress, it really is better to seek help and support if you are finding that you can't find a solution, options include: -

- Darlington Credit Union or other credit unions with a fair approach
- Government schemes www.gov.uk (help for households campaign) www.moneyhelper.org.uk
- Citizens Advice Bureau www.citizensadvice.org.uk
- National Debt Advice Line www.debtadvice.org.uk ;
- National Charities such as Turn2us (helps people in financial hardship to gain access to welfare benefits, charitable grants/support services) ; StepChange – www.stepchange.org (your council's local welfare assistance scheme) ; Shelter – www.shelter.org.uk
- Your Local Authority's (Council) household support fund and local food bank

Parent Carer (of children and young people aged 0-25yrs) **TRAINING & information** Sessions



Understanding Why Children Might Be Anxious About School

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs

Tuesday 6th June 2023 09:30-11:30

Anxiety (Two groups) this session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

Tuesday 9th May 2023 09:30-11:30—Over 11 years

Tuesday 18th July 2023 09:30-11:30—5-11 years

Emotional Wellbeing This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children? This session explores the link with mental health and looks at how we can manage our own well-being as well as that of our children and young people.

Tuesday 27th June 09:30-11:30

To book places please email tevv.countydurhamcamhstraining@nhs.net or scan the QR code below to access the Trust website for further details. Please state which sessions (and dates) you'd like to attend. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS. If you have any additional needs, please mention this in the booking email.


Tees, Esk and Wear Valleys
NHS Foundation Trust





Parent Carer (of children and young people aged 0-25yrs)

TRAINING & information Sessions



Adolescent Sexual Development and Sexual Risk This session will give a brief overview on the role of Forensic CAMHS and how it differs from generic CAMHS. We will define typical presentations of adolescent sexual development in terms of behaviour and functioning and go on to explore what constitutes disrupted and adverse sexual development in children and young people. We will look at how this might impact on a range of sexual behaviours, attitudes and beliefs in a developing adolescent.

Wednesday 5th July 1:30pm-3:30pm

Child to Parent Violence and Aggression This awareness session will begin by giving a brief overview on the role of forensic CAMHS and how it differs from generic CAMHS services. We will consider models of aggression in children and young people and identify key influencing factors. We will look to apply these models of aggression and consider them within the family / parent context and explore how aggression can become a pattern in households. Aggression will be discussed in a childhood mental illness and neurodevelopmental context with consideration given to NICE guidance and recommended treatment / intervention approaches for CAMHS and multi-agency partners.

Wednesday 19th July 1:30pm-3:30pm


Tees, Esk and Wear Valleys
NHS Foundation Trust



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