

# MENTAL HEALTH SUPPORT TEAMS

Service delivered in partnership with Hampshire and Isle of Wight Integrated Care System.



[hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)

## MHST Monthly Round up - March 2022

Contact us: [MHSTWest@spft.nhs.uk](mailto:MHSTWest@spft.nhs.uk)

### *Hello from your Mental Health Support Team (MHST)!*

The MHST West is a new team (across Andover and Ashurst) working alongside CAMHS that supports children and young people with their mental health and wellbeing in schools. Some of the things we can help with are:

- Low mood
- Worries
- Exam stress
- Sleep
- Fears
- Difficulties with emotions
- Coping Strategies
- Problem Solving

We offer individual sessions with young people, mental health and wellbeing groups, and work with parents to manage the difficulties outlined above.

This month, we have been visiting your schools to talk to your teachers about how we can work together. We're getting ready to start working with young people and we can't wait to get going!

### Nature Trail Spotters Sheet

How many of these can you find?

Squirrel <input type="checkbox"/>	Acorn <input type="checkbox"/>	Oak leaf <input type="checkbox"/>	Frog <input type="checkbox"/>
Ladybird <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Pine cone <input type="checkbox"/>	Twig <input type="checkbox"/>
Snail <input type="checkbox"/>	Dandelion <input type="checkbox"/>	Bluebell <input type="checkbox"/>	Daisy <input type="checkbox"/>
Feather <input type="checkbox"/>	Bird <input type="checkbox"/>	Spider's web <input type="checkbox"/>	Rabbit <input type="checkbox"/>

### *The Jar of life*

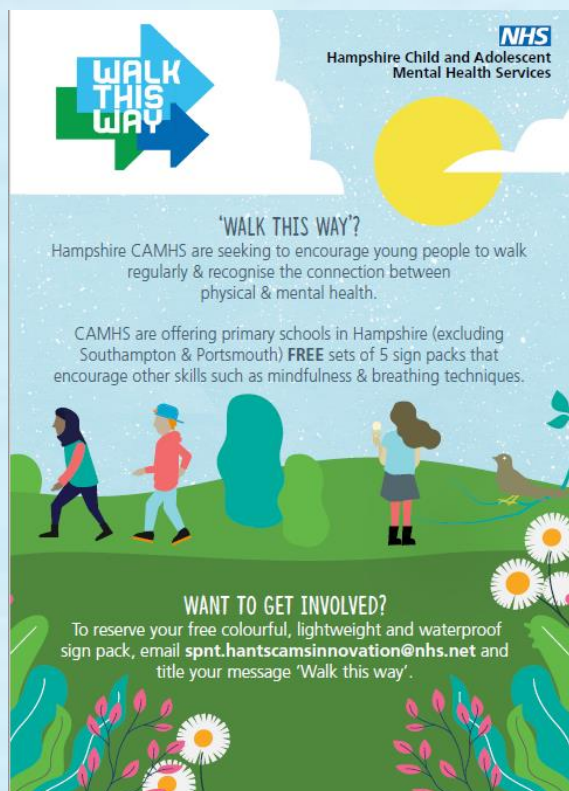


Check out the Videos/Podcast section of the Hampshire CAMHS website. Or see it here: [www.youtube.com/watch?v=sM0ai96PdS0](https://www.youtube.com/watch?v=sM0ai96PdS0)

### ACTIVITY OF THE MONTH:

Whilst you are keeping active this month, try and see what you can spot. Taking notice of what is going on around us helps our brains to stay calm. How many of these can you find?

# WHAT'S GOING ON THIS MONTH?



**NHS**  
Hampshire Child and Adolescent  
Mental Health Services

**WALK THIS WAY**

**'WALK THIS WAY?'**  
Hampshire CAMHS are seeking to encourage young people to walk regularly & recognise the connection between physical & mental health.

CAMHS are offering primary schools in Hampshire (excluding Southampton & Portsmouth) **FREE** sets of 5 sign packs that encourage other skills such as mindfulness & breathing techniques.

**WANT TO GET INVOLVED?**  
To reserve your free colourful, lightweight and waterproof sign pack, email [spnt.hantscamsinnovation@nhs.net](mailto:spnt.hantscamsinnovation@nhs.net) and title your message 'Walk this way'.

Now that the weather has changed and we can enjoy being outside more, why not take your family out on a walk this weekend?

Hampshire CAMHS are offering your school a 'Walk This Way' pack which includes helpful resources on keeping active.

For other information about the importance of physical and mental health, see here:

<https://hampshirecamhs.nhs.uk/issue/physical-health>

## Be Active

Be Active is our second 'five ways to wellbeing' and we encourage you to move your body this month. Exercise releases 'happy' chemicals in our brains and helps us to feel good!

Other ideas include:

- Chair Yoga
- Create an obstacle course in your garden or living room
- Start your morning with a 'Body Coach' exercise on YouTube
- Hula-hoop competition
- Try a new sport
- Join an after-school club



## April Dates

**1<sup>st</sup> April**  
April Fool's Day

**2<sup>nd</sup> April**  
World Autism Awareness Day

**15<sup>th</sup> April**  
Good Friday

**17<sup>th</sup> April**  
Easter Sunday

**18<sup>th</sup> April**  
Easter Monday

**23<sup>rd</sup> April**  
St. George's Day

**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.