

The Mental Health Support Team

Monthly Newsletter
February 2021

Welcome to our monthly newsletter! Here we will share with you 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. We will be adding new episodes weekly, follow the link below to listen to the episodes we have done so far:

<https://www.youtube.com/channel/UCf90qsjAXsC8dGfltf77NQw>

Children's Mental Health Week – 1st-7th February 2021



Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools. They first launched children's mental health week in 2015 to highlight the importance of children and young people's mental health.

This year the theme is 'Express Yourself'! The week will encourage children to explore different ways to express themselves. It is all about finding creative ways to share feelings, thoughts or ideas.

Why not take part in this years theme! Ways you could express yourself:

Art Dance Fashion/Clothing Music
Photography Bake Act Film Journal

Find ways to show who you are that make you feel good about yourself!

Resources to help explore what express yourself means: <https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

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LGBTQ+ History Month – February 2021



- **LGBTQ+ History Month** is a month-long honouring of LGBTQ+ history, and the history of the gay rights and related civil rights movements that takes place annually.
- This years theme is Mind, Body and Spirit. The whole point of the month is to celebrate the LGBTQ+ community in all their diversity.
- The recognition and education that comes from the month acts to eliminate prejudice towards the community.
- LGBTQ+ people have always existed and will always exist, it is important to recognise how far the community has come but that there is still work to be done to reach full equality.

LGBTQ+ Links

List of online events taking place all month long: <https://lgbtplushistorymonth.co.uk/calendar/>

Full 2021 LGBTQ+ history month resources and education pack: <https://lgbtplushistorymonth.co.uk/wp-content/uploads/2020/09/LGBT-History-Month-Pack-2021.pdf>

Stonewall produce home learning packs to teach about LGBTQ+ history:

- Primary: https://www.stonewall.org.uk/system/files/lgbt_history_home_learning_pack_-_primary.pdf
- Secondary: https://www.stonewall.org.uk/system/files/lgbt_history_home_learning_pack_secondary.pdf

Resources for families of LGBT Youth - [Resources for Families of LGBTQ Youth - Child Welfare Information Gateway - Child Welfare Information Gateway](#)

Outside Links

For urgent mental health needs call: 111

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/>