

Children and Young People's Newsletter



Welcome to our Newsletter. As you may know 10th of October is World Mental Health Day so we wanted to take this opportunity to spread awareness and encourage you to reflect on your own wellbeing this month.

We all have mental health and we all need to look after it!



Some of us when we hear the term 'mental health' automatically think of mental health illness or emotional difficulties. In fact, what we mean by mental health is the health of our mind, the feelings, moods we have and behaviours that these may influence. And we all have these, meaning we all have mental health.

We can experience good mental health and sometimes we might experience poor mental health which for some of us may lead to mental health illness.

Mental health can be thought of just as physical health. We sometimes get ill and other times we thrive. Some of us will recover from physical illness but some of us will develop chronic conditions. Both mental health and physical health are important and they both influence each other.

So how do I start?

One of the things that can help our mental health is to simply talk about our feelings. Talking about your feelings isn't a sign of weakness. It's part of taking charge of your wellbeing and doing what you can to stay healthy.

Talking can be a way to cope with a problem you've been carrying around in your head for a while. It's not always easy to describe how you're feeling. If you can't think of one word, use lots. What does it feel like inside your head? What does it make you feel like doing? How is your body reacting?

Another good way of managing our emotions is to express them in a healthy way. Sometimes you might not want to talk but there are other ways in which we can express what we're feeling. That can be through writing, painting, drawing or other forms of art or activity which helps you to achieve the feeling of release. The most important thing is that you don't bottle up your feelings as this can lead to emotional difficulties.



Parent's Corner

As part of our work in schools we offer psychoeducational workshops for children & young people, school staff as well as parents and carers.

The parent's workshops are an opportunity to learn more about emotional wellbeing and understand how you can support your child's mental health and access further support.

The workshops can be delivered by our team in a school or virtually, depending on parents' preference. If you'd like to access our workshops you can speak to your school's Designated Mental Health Lead or Head of Year to find out whether they're happening in your school or access our pre-recordings.

The topics we cover are:

1. Mental health awareness
2. Self-care and relaxation strategies
3. Understanding your child's anxiety
4. Understanding low mood
5. Managing child's behaviour
6. Screen use and internet safety



We're constantly developing our offer of workshops and are looking forward to delivering them to more parents and carers in Westminster.

Meet Our Team corner



In this issue we wanted you to meet **Abi**, who is our **Educational Mental Health Practitioner**.

Meet Abi:

Hi, I'm Abi and I'm an Education Mental Health Practitioner (EMHP). I work in schools across Westminster delivering workshops and providing 1:1 sessions to children and young people. Before I became an EMHP I studied Psychology at University and then went onto work in the Prison Service.

A few things about Abi:

Growing up I used to spend a lot of time with family in Devon and developed a love for walking in the countryside. I also enjoy running and spending time with friends and family.

Abi's perfect day:

I'd wake up early, go for a sunrise run along the coast. I'd then spend the rest of the day on the beach- tanning and swimming in the sea!



Thank you Abi for sharing this with us!