



# MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter

Autumn  
EDITION  
2023

*"The secret of change is to focus all of your energy not on fighting the old, but on building the new" - Socrates*

During the first term of this academic year you will have found yourself navigating changes with your young person. You are likely to have supported them through the changes and helped them to find their way. We have made this the focus for this newsletter to help anyone that is finding the changes a challenge.

[Click here](#)

## Changing Teenage brain

The Brain matures and develops from the back to the front. The prefrontal cortex (PFC) is the part of our brain responsible for planning, complex decision making and impulse control. This is not fully mature until our mid twenties.

### PFC vs Amygdala :

This means adolescents can be worse than adults at interpreting facial expressions and taking other people's perspectives. This can lead to conflict, if adult concern, fear or surprise are interpreted as anger, annoyance or threat.

Your guidance is crucial even if they tell you differently. Here are some ways you can support your young person as their brain changes:

- Be an emotional coach – help them process & regulate their feelings, support them with problem solving and considering consequences.
- Talk to young people about their changing brain.
- Consider encouraging their involvement in activities which present pro social risks, and which encourage community contribution.
- Ensure ready access to support services.

Want to know more? You can join our parent workshop- Understanding your teen. Please ask at school for dates and times.

## Accepting Change

Change can stir up various emotions and thoughts. This is because change often signifies uncertainty and this may lead your young person to feeling anxious and worried. Although this is very typical it may not feel very helpful for moving forward.

If your young person is finding it hard to deal with change it can be helpful to get them to focus on what they can change over what they can't change. This will lead to them accepting the things they can't change.

Here are some top tips to help navigate and accept change:



- Be kind to yourself
- Plan activities & connect with others
- Take time for yourself
- Challenge negative thoughts
- Practice worry time & problem solving
- Reduce your stress

Further information can be obtained here: >>>



## Parent Corner

### Spotlight on Affirmations



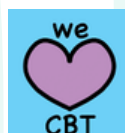
Research suggests we experience 50,000 and 80,000 thoughts daily. (National Science Foundation) of which 80% will be negative. No wonder positive self-talk is challenging! However, we also know that adopting positive self-talk will have positive impacts on performance, health and wellbeing. To help your young person to practice affirmations or positive mottos such as; "I'll get through this" "this will pass"

"I've got through things like this before"

To develop better thinking habits your young person can learn to:

- Pause and take a breath.
- Acknowledge the negative.
- Change their focus
- Become aware

You can also gain further information and top tips here





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## Connections



Sometimes the uncertainty of change can cause your young person to stop doing things they enjoy, and they may begin to disconnect from friends and family.

We know connections are important for our wellbeing and relationships with others. If your young person is disconnecting from others and activities, they may feel isolated, lonely and low in mood.

To improve their connections you can encourage them to schedule activities. Scheduling activities is a good way to increase motivation and to connect with others.

Start with activities you know they can handle and only introduce 2-3 activities to begin with. Also include both pleasurable and achievement activities that can be built upon as they go along.

For further information and tips click on the icons



## Myth Busting...

X Worrying will stop something bad from happening.

X Worrying helps you to remain in control.

We cannot predict the future or control it. Worrying can lead to rumination where your young persons worry will grow & become unmanageable. This will then lead to your young person getting caught in a negative cycle of worry. To manage their worries they can try worry time or problem solving.

For further information on problem solving and worry time can be found here



## CAMHS APPS



Calendar dates Autumn 2023:



Click on icons for further information



2ND - 6TH NOVEMBER INTERNATIONAL STRESS AWARENESS WEEK

13TH - 17TH NOVEMBER ANTI-BULLYING WEEK



13TH NOVEMBER WORLD KINDNESS DAY

25TH NOVEMBER TO 10TH DECEMBER ACTIVISM  
AGAINST GENDER-BASED VIOLENCE



## Referral Information

**If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...**



Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: **CAMHS - Mental Health Support Teams**

Find Notts Healthcare Mental Health Services online...



[bit.ly/37qtfoZ](https://bit.ly/37qtfoZ)



[bit.ly/37xsn1P](https://bit.ly/37xsn1P)

## Useful Contact Details

ChildLine: 0800 1111  
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0808 1963779

24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies