

MENTAL HEALTH SUPPORT TEAMS

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



NHS

hampshirecamhs.nhs.uk

MHST Round up - December 2023

Contact us: SPNT.MHST.earlyhelpse@nhs.net

Welcome back from your MHST for the Winter Term!

There is a lot of joy and happiness associated with the festive season, but for some it may not always be a positive time. The shorter days, colder temperatures and the pressures associated with this time of year can impact many people, adults, children and young people alike. We thought we would share some ideas to help boost your winter wellbeing – self-care activities to help you manage your emotions and recharge ready for 2024!

Just a reminder of some of the difficulties the MHST can help with are below:

[Sleep difficulties](#) [Anxiety](#) [Worry](#) [Phobias](#) [Panic](#) [Low Mood](#) [OCD](#) [Single Event Trauma](#)

This Month's Mental Health Hero...

Roman Kemp is our Mental Health Hero for his work to raise awareness for young people struggling with mental health and fighting for further support by speaking up on the radio and in a new documentary. Roman is passionate about getting young people to talk about their mental health and has met with experts, charities and visited the Houses of Parliament to try and understand the potential solutions for improving the mental health of young people in the UK today. From the South East MHST we say thank you Roman!



Please remember there is always someone you can speak to:

ChildLine- Call 08001111 9am- 12am Daily - Free 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.

Kooth - <https://www.kooth.com/> - 24/7 online counselling

Hampshire CAMHS: <https://hampshirecamhs.nhs.uk> - free support with lots of different resources and strategies



Do you ever feel like you don't know how to put things into words, or don't know what to say to ask for help?

Why not try agreeing an Emoji that you will text to a parent or carer or type on their phone, to let them know you are struggling and need support. Sometimes the hardest part is getting the words out.

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What is self-care?

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy. Playing football, listening to music, reading. Sometimes having a long bath can be relaxing.

Why not try the Winter Wellbeing Family Bingo Challenge below to find out what works for you?

Winter Self-Care Ideas
FOR THE WINTER BLUES
@growthmindsettherapy

- Enjoy a warm beverage
- Spend time outdoors
- Move your body
- Stay Connected
- Plan a fun activity
- Bake something delicious

Winter Wellbeing Family Bingo

- Go for a walk
- Go for a bike ride
- Write positive notes to each other
- Have a craft day
- Declutter old toys and donate to charity
- Complete a jigsaw together
- Do some baking
- Have a board game night
- Make homemade pizzas
- Have a movie night
- Have a sit-down family meal
- Plant bulbs ready for spring
- Build an indoor fort
- Make a play and record it on your phone
- Volunteer to help in the community
- Visit a local museum