Mental Health and Wellbeing blog

This week marks Mental Health Awareness week and this year the focus is directed towards anxiety. In school, children have been continuing to utilise their nurture nooks when feeling anxious and have been discussing strategies to support themselves when they are faced with anxious thoughts and feelings.

For top tips on how to support yourself and others experiencing anxiety, please visit the following:

https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety

Need further help and support with the feeling of anxiety?

There are lots of useful websites and phonelines out there to support you, but it is often difficult to know which one is the most appropriate. Anxiety UK was established in 1970 and is run by and for those with anxiety, offering an extensive range of support services designed to help support those affected by anxiety disorders, anxiety and anxiety-based depression.

Services available include:

Helpline services - open from 9:30am to 17:30pm Mon to Friday, along with our text service 07537 416905 and 'Ask Anxia' chatbot service, available 24/7 for all anxiety queries at **anxietyuk.org.uk**. See **Helpline services** for more information.

Upcoming events in school:

This week, representatives from the School's Wellbeing Service hosted an anxiety workshop based on 'The Anxiety Gremlin'. Our first session was focused on what anxiety can look like either in a physical, emotional or cognitive sense. The session also included potential triggers and strategies to stop our anxieties from taking control. All sessions will continue to take place in the school library. Details for the next sessions are as follows:

Session 2: Wednesday 24th May, 9am-10am
Session 3: Wednesday 7th June, 9am-10am

Starving the Anxiety Gremlin is a book by Kate Collins-Donnelly, a successful child therapist and psychologist. The book focuses on teaching children about the emotion called anxiety. It looks at what anxious thoughts they may have and how they might feel when they experience these. It also teaches them strategies to manage these anxious thoughts and feelings and hopefully, as a result, help them become more confident as they grow older. These parent/carer sessions are based on the theory from these books and will be referred to throughout.

The sessions will give you a good understanding of anxiety through self-reflection, focussing on your own experiences, which will help you support your child at home with a wider understanding of their needs. The programme is split into three sessions:

Session 1: Understanding the theory of anxiety

Session 2: Parenting anxious behaviours

Session 3: Strategies to help manage anxiety

If you did not attend the first session, but want to attend the final two sessions, please do so. We look forward to seeing you there.

School's wellbeing Service and The Mental Health Support Team

As a school, we work in collaboration with two external teams: The School's Wellbeing Service (Thurrock) and The Mental Health Support Team. Both teams are incredible and support us with our referral processes, as well as coming into our school to run workshops for our pupils, parents and carers.

The School's wellbeing service (Thurrock)

JACKIE

SAM

KAREN

LISA

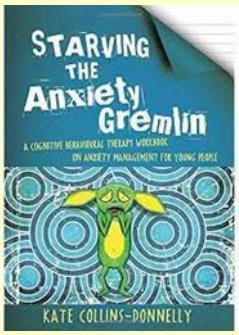
The support the School's Wellbeing Service offer:

The School's Wellbeing Service have trained our staff to run interventions based on a book series by a psychotherapist and child psychologist called Kate Collins-Donnelly.

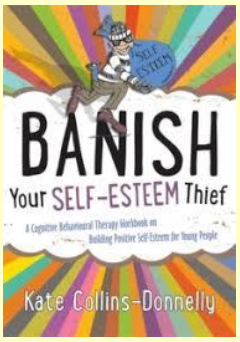
These interventions focus on understanding the emotion discussed and why your child may feel anxious, angry, scared or low sometimes. It does this using CBT theory. CBT (Cognitive Behavioural Therapy) looks at the links between our behaviours, thoughts and emotions and how they all impact each other.

Another focus is neuroscience (how the brain works). This can also answer lots of questions we sometimes have about why our children behave the way they do.

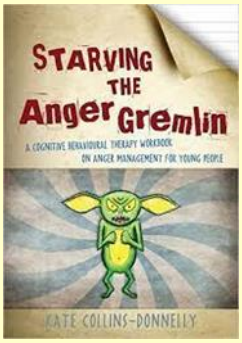
Throughout the interventions, children can learn strategies to help manage their anxiety/anger/self-esteem and cope in the moment when it starts to feel overwhelming.



Starving the Anxiety Gremlin



Banish your Self-Esteem Thief



Starving the Anger Gremlin

If you have any concerns about your child, or would like to know more about the interventions available to support your child's wellbeing in school, please contact Mrs. Allen.

The Mental Health Support Team (NHS)

Who do we work with?

We work with parents whose child may be struggling with:

Difficult or challenging behaviour (up to age 8)

- Does your child struggle to follow rules? Struggle with temper tantrums? Have difficulty following requests?

Mild anxiety (any age - primary school)

- Does your child seem nervous and easily frightened? Does your child worry a lot? Does your child need continual reassurance?

If the answer is 'yes' to any or all of these questions then we may be able to help you!

ent Primary leaflet

For more information

What we offer

What we provide

Who do I contact

www.nelft.nhs.uk

What do we offer parents?

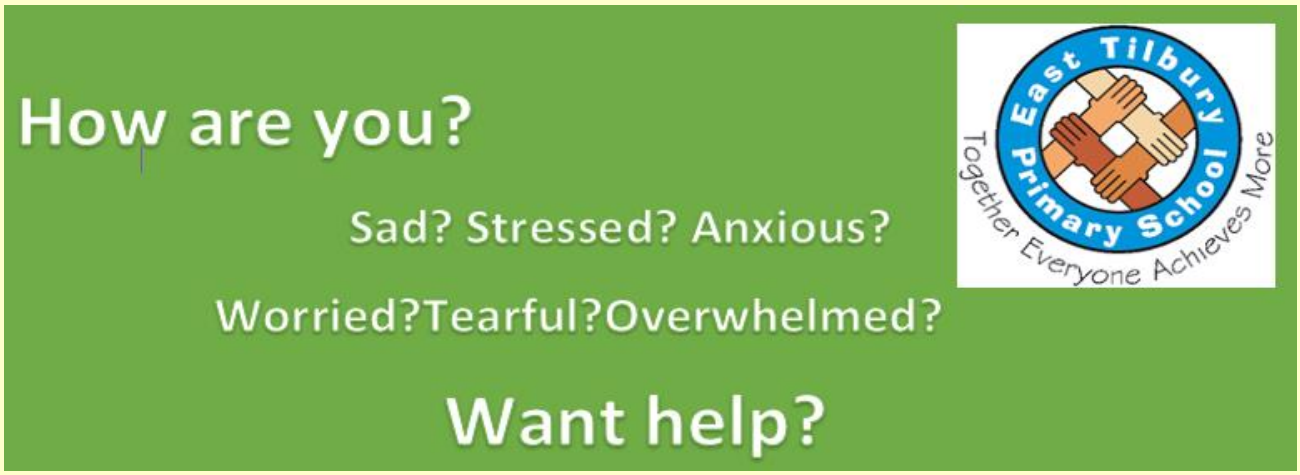
- We can meet with you for up to 8 weekly sessions of support (individually or in groups) to provide information, advice, guidance and tips on how to support your child with their behaviour or their anxiety.
- We aim to provide you with new skills that will help your child to manage challenges, regulate their emotions and build confidence.

What else do we offer?

- We offer workshops for whole classes and groups of children, such as 'Managing the transition to secondary school or 'Building resilience'.
- We offer parent workshops, such as 'Understanding your child's behaviour' and other topics related to emotional wellbeing.
- Sign-posting and advice about other support services.

If you think that your child would benefit from this support, please contact Miss. Mills or Mrs. Allen.

Mental Health First Aiders for staff and parents:



Your mental health first aiders are: Miss. Mills and Mr. Rumble

There are plenty of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better. Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a Mental Health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required. To arrange a meeting, please contact us via email: mhfa.etp@osborne.coop

Need support right now?