



# Schools Pathway Newsletter



## Welcome



@mhstbedford



@mhstbeds\_elft

Welcome to our first Newsletter for primary and secondary children and young people from CAMHS Mental Health Support Team!

Our CAMHS Practitioners are in your schools on a regular basis. Feel free to say "hello" when you see us in school; or speak to your school about accessing support

This newsletter will be focusing on resources for Self Care Top Tips and Self Help Apps to your mental health and wellbeing

## What work we do in schools

Our team supports young people in primary and secondary schools focusing on mental health and wellbeing.

Recently, we have completed group work to encourage students to explore emotions and feelings and building up new skills around supporting one another.

We have also worked with school staff to develop training and workshops to develop their knowledge and understanding of anxiety in school.

We regularly support students in one-to-ones for their mental health:

Low Mood  
Worries  
Simple phobia's  
Panic  
Exam Stress



## Signposting

### ☺ [CAMHS Talk Podcasts](#)

Podcast created by young people who have accessed CAMHS. Covering a range of Mental Health Topics



### ☺ [LGBTQI Mental Health Resources](#)

New resource to support LGBTQI students with their Mental Health & Wellbeing



Please speak to your school staff if you feel support around this would be helpful.

## Self Help Apps



**Calm Harm**- Helping Young People managing self harm through techniques.



**Catch It**- Managing feelings and thoughts to improve wellbeing.

# Self Care Top Tips



Self Care is different activities you can do to look after your own mental health. It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. Anna Freud has over 90 ideas for Self Care



- Some ideas include:**
- Listening to music
  - Taking part in dance or drama sessions
  - Time away from technology
  - Drawing or painting
  - Laughter and humour
  - Going to the cinema
  - Baking or cooking
  - Spending time with animals



Find out more at: [Anna Freud](#)

