



DARLINGTON
MENTAL HEALTH SUPPORT TEAM

Tees, Esk and Wear Valleys
NHS Foundation Trust



Mental Health Support Team (MHST) Darlington Newsletter - January 2023

Welcome to the new school term. We hope that you all had an enjoyable festive season and best wishes for 2023.

What do we do?

- Early mental health intervention for young people in schools
- Work with school staff to build a Whole School Approach to mental health
- Act as a link between schools and local mental health services
- Offer advice, support and signposting information

Please contact your mental health lead in school to discuss suitability for our Team

Children's Mental Health Week 6-12 February 2023



The theme this year - Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have health connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

Child and adolescent mental health services (CAMHS) parent/carers training

CAMHS provide free online training sessions for parents/carers of children and young people aged 0 to 25 years of age:

- Understanding emotionally based School avoidance
- Anxiety
- Emotional Wellbeing
- Adolescent Sexual Development and Sexual Risk

For further details please go to

<https://www.tevv.nhs.uk/get-involved/training/camhs-county-durham/>

Contact MHST - Tel: 07500 799524 / Email: tevv.mhstdarlington@nhs.net
In the event of a mental health crisis Tel: 0800 051 61 71

Blow away the winter blues

In the middle of Winter, the weather can be cold, and days dull so it is important to plan enjoyable activities to help us feel better.



- Video call / chat with a friend
- Join a group/class
- Draw or create something
- Watch favourite movie/TV show
- Play a game

- Do some gardening
- Go for a walk / jog
- Play outdoor sport
- Create a treasure hunt
- Take dog for a walk



- Spend time with family/friends
- Go to the park or beach
- Bake a cake together
- Plan a trip
- Listen to upbeat music

Humankind Darlington Young Carers

Humankind Darlington Young Carers service provides one to one, activities and family support to Young Carers and Young Adult Carers aged 5-25 living in Darlington.

In addition to direct support to Young Carers and their families we can also offer awareness raising sessions on Young Carers and opportunities to find out more about us to services working in the Darlington area.

How Do I Get Help from Darlington Young Carers?

Anyone working with you can get in touch with us and let us know you need support (known as a referral). You or your family can also let us know you would like help. If you are under 16 years we will need permission (also known as consent) from your parent/guardian.

We can be contacted at:

Darlington Young Carers
Humankind, Darlington Young Carers,
Unit 2B Enterprise House, Valley Street North,
Darlington DL11 1GY

T. 01325 483 038
E. dyc@humankindcharity.org.uk
W. humankindcharity.org.uk

 [@darlingtonyoungcarers](https://www.facebook.com/darlingtonyoungcarers)
 [@darlingtonyoungcarers](https://www.instagram.com/darlingtonyoungcarers)


Investing in Children


humankind h.


Our rabbit friend from the
2021 Tweedle Farm visit!



If you feel your team would benefit from this or have a potential referral (families can also self-refer) please contact our Lead Practitioner Cheryl Hunter on 07584391789 or cheryl.hunter@humankindcharity.org.uk

This May Help Website Launch



A new national initiative providing mental health advice to parents and carers has been launched by Bradford District and Craven Health and Care Partnership. ThisMayHelp - <https://thismayhelp.me> is aimed at parents and carers who may have concerns about their child's mental health

The website gives easy-to-follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who've been through their own child's mental health journey. Parents and carers have shared advice that helped them and that may also help other families.

The advice covered includes self-harm, gaming and online activity, teenager's safety, eating disorders, school avoidance, understanding mental health, understanding teenagers, online threats, building rapport, building resilience, building a support network, self-care tips, managing an emergency, managing in a crisis, and preparing for a children and adolescent mental health services (CAMHS) appointment. These subjects were chosen by families and young people who have gone through their own mental health challenges. Gary Lineker, Myleene Klass, and Tanni Grey-Thompson are amongst 16 presenters featured in the films.

Child's mental health



Self-harm



Gaming & online activity



Teenagers safety



Eating disorders



School avoidance



Worrying Content Online

It has recently been in the media that children and young people are seeing more worrying content about self-harm and suicide online which can cause a lot of distress for lots of people.

SAMARITANS

The Samaritans have some helpful tips for how you can look after yourself if you see worrying self-harm or suicide content online.

- 1) **Look at something else** – If you see something that upsets you, try not to look at it for too long. Close the screen, scroll past it or look at another app. It can be helpful to focus on something else for a while, for example by leaving your device in another room and going to make a drink.
- 2) **Talk to someone you trust** – You may want to talk about how the content made you feel with someone you trust, like a friend or family member. Whatever you are facing, Samaritans are always here to listen - day or night, 365 days a year.
- 3) **Curate your social media feeds** – You can limit the content you see on social media by blocking or muting accounts and users. Some platforms will let you filter out certain search terms or hashtags, so you have more control over what comes up on your feed. It's also possible to hide individual pieces of content on your timeline or feed that you don't want to see without blocking or muting the account that made the post.
- 4) **Practice self-care** – Spend time doing something to take care of your mental health. This could be anything from reading your favourite book, speaking to loved ones, following breathing exercises or baking. The Samaritans self-help app can recommend things to do to feel better and keep track of your feelings.
- 5) **Decide which sites and apps suit you** – Different platforms have different rules on the type of content they host. It's worth taking a look at a site's community guidelines to see what content is and isn't allowed. If you think there will be content that could negatively affect you, consider using other platforms that make you feel more comfortable

For more information, including information on how to report worrying online content, what happens after a report has been made and how to set a good example to others in relation to posting content about self-harm or suicide, visit: www.samaritans.org/about-samaritans/research-policy/internet-suicide/online-safety-resources/if-you-see-worrying-content-online or search 'Samaritans online safety resources'.

Remember, you can always contact The Samaritans if you're struggling. They are available to talk 24 hours a day, 7 days a week.

