



Who are the MHST?

We are a team working alongside schools and the Children and Adolescent Mental Health Services to support children and young people with their mental health and wellbeing.

What we can help with:

Sleep difficulties

Anxiety

Worry

Challenging behaviour

Phobias

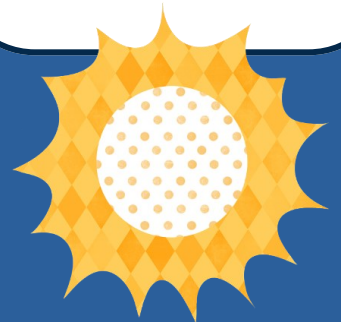
Panic

Low Mood

OCD

Single Event Trauma

The MHST is always here to offer support, so if you think this is something that could help you, speak to your designated mental health lead or an adult you trust at school.



Hello from the MHST—June Newsletter

As the sun begins to make an appearance, we look forward to spending more time outside. Spending time outdoors, particularly in the sun, is known to have a positive effect on our mental wellbeing. We encourage you this month to spend more time out and about choosing more outdoor activities. But please remember to keep yourselves hydrated and wear plenty of sunscreen to keep yourselves safe.

We can all find it difficult to manage our wellbeing at times and we may need the support of others; if you feel that a referral to the MHST would be helpful please speak your mental health leads at school.



Healthy Eating Week

Healthy eating helps us to look after our wellbeing. We need the right mix of foods to make sure we get the right vitamins, minerals and nutrients to keep our bodies and minds healthy. There are 5 themes for healthy eating week:

- Focus on fiber
- Get at least 5 a day
- Vary your protein
- Stay Hydrated
- Reduce Food Waste

Visit www.nutrition.org to find

Pride month

June is LGBTQ+ pride month which recognises and celebrates everything the LGBTQ+ community has done historically, locally, nationally and internationally. This includes people who identify as Lesbian, Gay, Bisexual, Trans, Queer and more, as well as the people who support them (allies).

Pride is celebrated with parades, parties, concerts and much more and sees millions celebrating around the world every year. In the UK, there are 280+ pride events due to take place in 2023!

For more information on mental health and wellbeing, go to www.HampshireCAMHS.nhs.uk

**MENTAL HEALTH
SUPPORT TEAMS**

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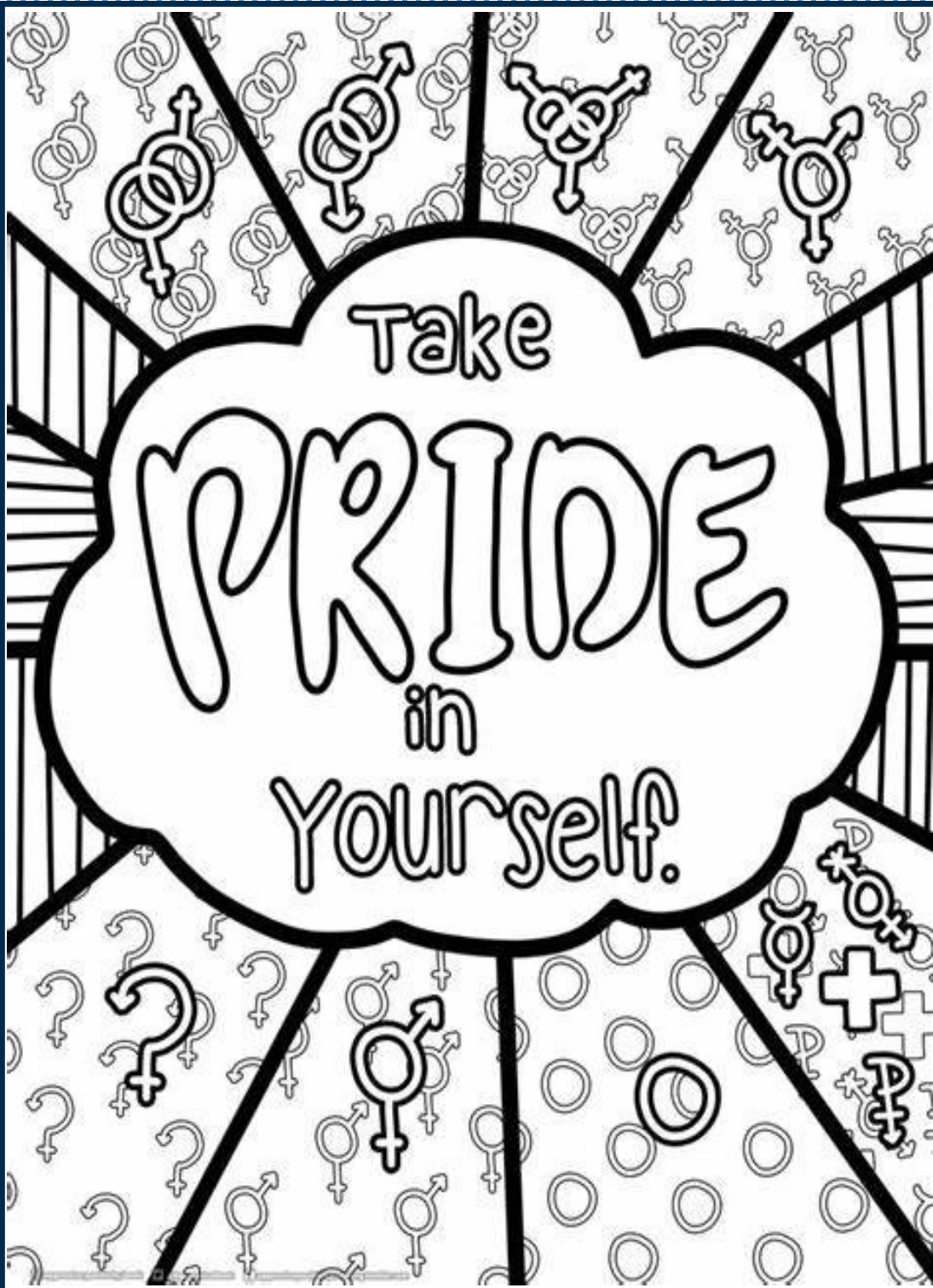
https://1.bp.blogspot.com/-Mdc2FEcdCos/XsBw9bES4UI/AAAAAAAAAJk/sun-47n83-960_720.png



ChildLine - Call 08001111 9am-Midnight Everyday
- Free telephone 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.



June Dates:

- ◆ 1st — Global day of Parents
- ◆ 3rd—World Bicycle Day
- ◆ 5th—World Environment Day
- ◆ 5th—11th Child Safety Week
- ◆ 8th —World Ocean Day
- ◆ 12-16th—Healthy Eating Week
- ◆ 17th—The Kings official Birthday
- ◆ 21st— National Writing Day

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MENTAL HEALTH SUPPORT TEAMS



eat it!

color your plate

Color each section by following the key, and you'll see how much of each food group to eat for a healthy dinner.



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boys-are-reading-a-book.jpg (1920x1299) (publicdomainpictures.net)

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MENTAL HEALTH
SUPPORT TEAMS

