

Parents & Caregivers February 2021

The current situation and past few months, has most likely impacted on all of us in some way or another and we feel now more than ever, looking after our mental health and wellbeing is vital.

During any situation we may find difficult, it helps if we can focus on things that make us feel happy and safe. It also helps if we can reflect and recognise the moments we have adapted and coped with situations. Everybody is coping with life in their own way and sometimes we don't always realise this. The Whole School (WSA) Approach Team at Hull & East Yorkshire Mind would therefore like to make the focus of this Newsletter edition about recognising all the positive things you have achieved these last few months and ideas on how you can continue to look after your emotional wellbeing.

1-1 Emotional Support for You & Your Child

The (WSA) Team want to take this opportunity to remind you all we are still here to support everyone.

If you would like to book a wellbeing slot to speak to one of the WSA Practitioners about **ANY** worries or concerns you may have, please send an email to:

wholeschoolapproach@heymind.org.uk

Ideas for Positive Wellbeing

Warm Fuzzy Jar

Find an empty jar & decorate if you like. Write down all the good things about yourself, include any compliments anybody has given you – don't be afraid to boast about how amazing you are!

Then write down all the positive things you have achieved these last few months, it can be ANYTHING!. Its not always about achieving what some might think to be 'big things' like getting a promotion at work, it might be something we expect to do everyday such as:

"I didn't want to get out of bed this morning, but I did anyway!"

You can call these positive things 'warm fuzzy's'. Put them all in the jar and when you are feeling in need of boosting your wellbeing, pull out a 'warm fuzzy' and read to yourself 😊

Family Ways 2 Wellbeing

As a family, set a side time to focus on positive wellbeing and take it in turns to choose an activity for you all to participate in.

Some ideas for activities:

- Family games night
- Watch a movie, programme or series
- Create a music playlist – everybody adds their own tune choice
- Family walk
- Try a new hobby or activity together,
- Cook together, taking it in turns to choose and cook the meal 😊

Support for Adults

It's OK to not be OK - asking for help is an act of
Bravery!

HEY Mind

Are you, or someone close to you struggling with, or need mental health support? Hull & East Yorkshire (HEY) Mind have an information service open 24 hours per day, 7 days per week. ANYBODY can contact ☺

Email: info@heymind.org.uk

Call Freephone: 0800 1380990

Text: 07520 633447

Website: <https://www.heymind.org.uk>

Mind.org.uk has a raft of information & advice online including an A-Z of mental health.

Online Resources

Qwell for Men

Online emotional & wellbeing health support aimed at **men**

Website: <https://www.qwell.io/hcv>

In a crisis?

Mental Health Response run a 24 hour service

Call: 01482 301701

If you feel in immediate danger, call 999

Samaritans

Call: 116123

Website: <https://www.samaritans.org>

Local Talking Therapies Mental Health Services

To make a referral to Let's Talk if you have a Hull GP **Call : 01482 247111**

Emotional Wellbeing Service

To make a referral if you have an East Riding GP

Call: 01482 335451

Mailing List

Did you know the WSA Team have a mailing list for Parents and Caregivers? The mailing list provides key information and important updates about WSA interventions on offer for the school community. If you would like to be added to our mailing list please visit <http://eepurl.com/g9vc1L> We will never sell your data, and we promise to keep your details safe and secure. If you would like to be removed from our mailing list at any time, please just let us know. You can contact us at info@heymind.org.uk

If you would like to know more about the mailing list or have any questions, please contact wholeschoolapproach@heymind.org.uk

Virtual Wellbeing Webinar

We would like invite you to our next virtual wellbeing webinar on: **Wednesday 3rd March 6-7.30pm**

This will be an opportunity for you to learn more about the WSA project & to voice any concerns you have over your child's mental health & wellbeing. We would also like to hear about any ideas you may have about what emotional wellbeing support you would like to see implemented for students, parents & caregivers. To book a place, please email: wholeschoolapproach@heymind.org.uk stating your name & date of the webinar ☺