



Mental Health and Wellbeing



Welcome to the first parent and carer Mental Health and Well-being newsletter.

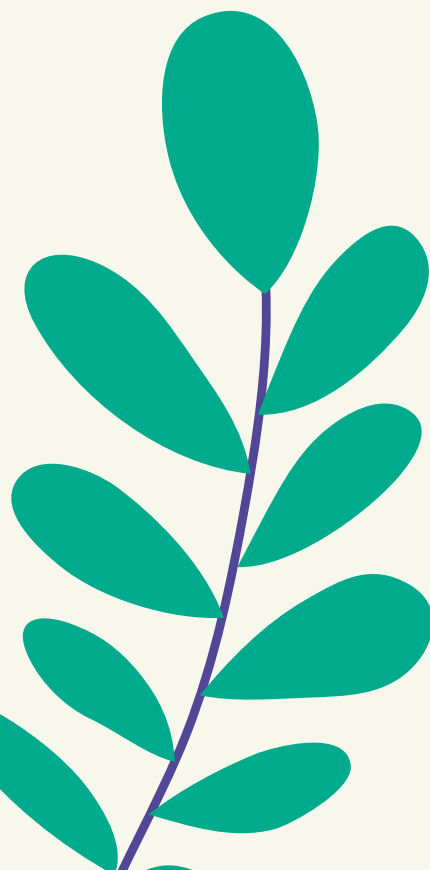
This will be a short, termly newsletter for Lonsdale families to signpost some of the resources available to support the mental health and well-being of our school community.

Read on for information about:

The Mental Health Support Team (MHST)

The Sandbox – online mental health support

Support for Parents and Carers



Parent and Carer Newsletter

Issue 1 – Summer Term 2024



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The SEN Mental Health Support Team (MHST)



The MHST: Our values

The MHST is an **early intervention service**, using proactive strategies to support mild to moderate mental health difficulties and behaviours that challenge. This is part of a national programme to support emotional wellbeing and offer early interventions in school settings.

Contacting The MHST

Tele: 01727 732031

Email: hct.mhst@nhs.net

Making a referral

Your child's school can refer your child to the MHST for 1:1 or Group support. Please speak to the Mental Health Lead, SENCo, Family Support Officer, or Class Teacher to discuss a referral being made.

Support The MHST provides:

1:1 support

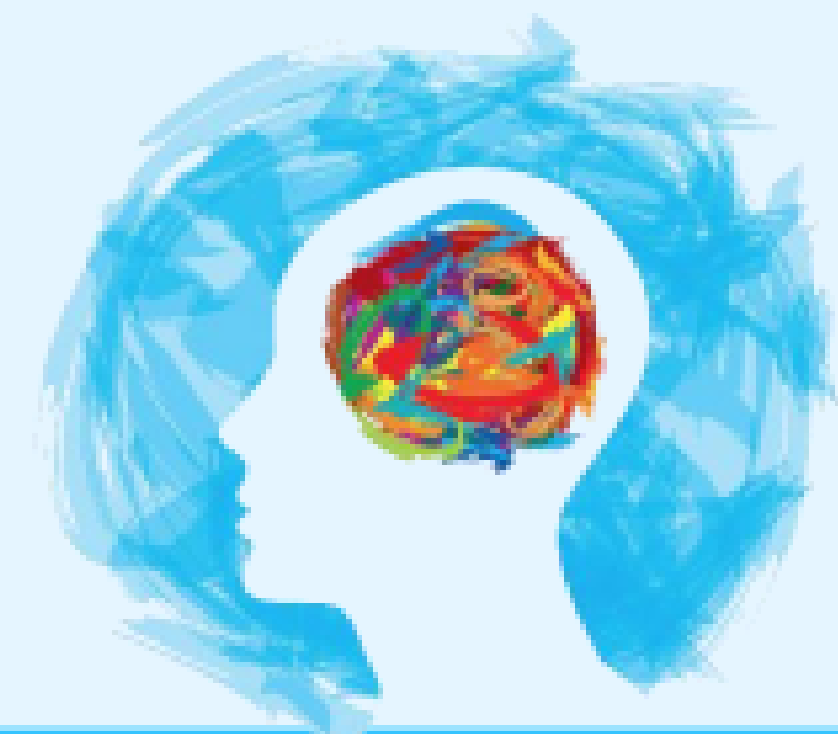
- 6 – 8 sessions
- Support with mild - moderate anxiety, low mood, or behaviours that challenge
- Sessions may be with young people, parents / carers or school staff depending on the nature of the difficulty.
- A referral is needed for 1:1 support

Group Support

- Parent groups
- Student groups
- A group will consist of 5 sessions.
- A group will support with a specific mild - moderate mental health difficulty (e.g support for behaviours that challenge, emotion regulation, transition)
- A referral is needed for group support

Workshops

- Single session providing information and support on a specific mental health and wellbeing topic

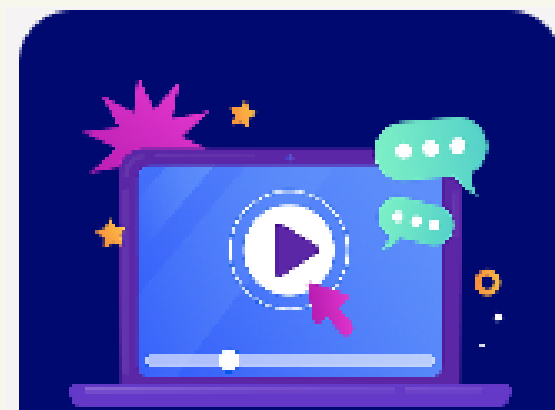




Sign up for free at:

<https://thesandbox.mindler.co.uk/>

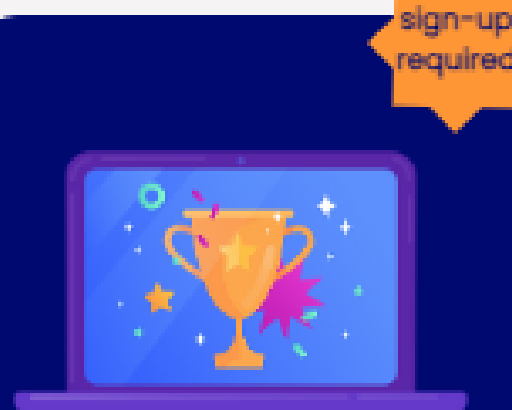
The Sandbox is a new free service in Hertfordshire to support children and young people with their mental health and wellbeing. It has a website, with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals.



The Sandbox Website

Our central hub of mental health resources for Children and Young People.

Free downloadable digital resources, access to Livestreams, and The Talkbox - our podcast for parents, carers, and professionals.



The Sandbox Academy

A digital interactive course created by psychologists for young people.

Players work their way through personal modules on topics like stress, anxiety, and relationships. Play on your phone or computer, anytime.



Online Therapy

1-1 online video therapy with qualified therapists for those who need additional support.

An additional assessment with a therapist will be required to determine if online therapy is right for you.

Through The Sandbox you can also access Cognitive Behavioural Therapy (CBT), or one to one support from professional therapists by text, phone, online chat or video call, based on an assessment of the young person's needs. Signing up is easy and you don't need a referral from a professional.

Podcast - The Skies We're Under

Qualified nurse, unqualified parent and author Rachel Wright talks to fellow parents of people with disabilities and others in their community. It's all about the power of story telling, laughter, swearing and good old rant.

Tune in to find solace in knowing parents don't suddenly transform into Mother Teresa, everyone finds life hard and we still love our children. Whether a well seasoned parent, newbie, one of many practitioners supporting families or someone wanting to peak over the fence – you're welcome to listen in.

We are better together, whatever Skies We're Under.

The Skies We're Under - A podcast by parents of disabled children for parents of disabled children

A free, weekly podcast that promises moments of reflection, humour, solace and practical tips. They are currently halfway through their third season so there are plenty of episodes to catch up on.

One listener said:

"Phew, finally a parenting podcast I can relate to! Thank you so much ladies for creating a space where my life feels like the norm - although what even is that!"

Available at <https://www.bornattherighttime.com/the-skies-we-are-under-podcast/> or wherever you access your podcasts



Mental health support for parents and carers



Hertfordshire and Mid Essex Talking Therapies

Parents and carers living in Hertfordshire and Mid Essex can access a wide range of free, confidential talking therapy treatments through the NHS. Referrals can be made via the online portal: <https://www.hpft-talkingtherapies.nhs.uk/>

There are also a wide range of webinars which can be accessed through the portal, including sessions on:

[Care for Carers](#)

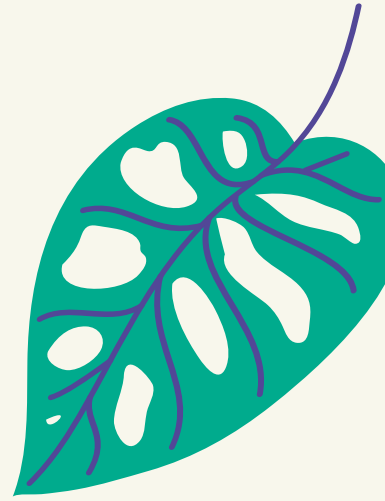
[Understanding Anxiety](#)

[Managing Worry](#)

[Dealing with Depression](#)



Websites that offer further information

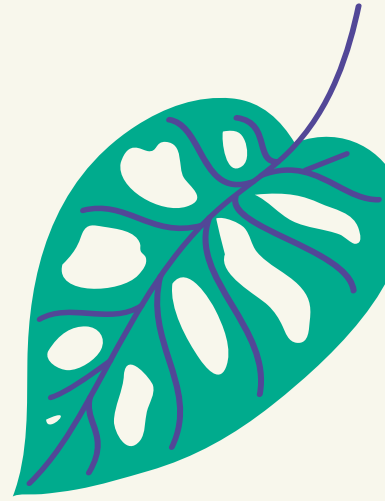


[Anxiety UK](#) - Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding through an extensive range of services. These include national helplines that are staffed by volunteers with personal experience of anxiety, access to talking therapies, and a community of support and advice

[Beat](#) - Beat offers helplines, information and networks of self-help groups for adults and young people with eating disorders.

[Bipolar UK](#) - Bipolar UK provides a range of services to enable people affected by bipolar and associated illnesses to take control of their lives. They provide information and advice as well as self-help groups and mentoring schemes. They also work in partnership with research organisations and campaign for new developments to tackle key issues.

Websites that offer further information

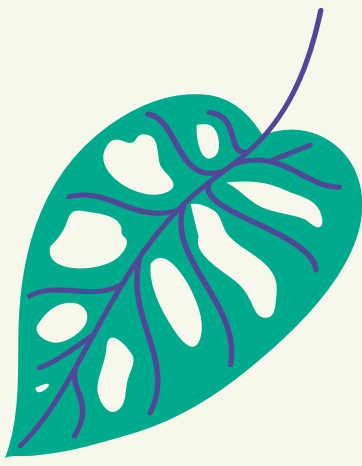


[Every Mind Matters](#) - Feeling stressed, anxious, low or struggling to sleep? Every Mind Matters and One You can help with expert advice and practical tips. Start the fightback to a healthier you today. Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

[Mental Health Foundation](#) - The Mental Health Foundation is committed to reducing the suffering caused by mental health difficulties. They do this by carrying out research; developing practical solutions for better mental health services; campaigning to reduce stigma and discrimination; promoting better mental health for us all.

[Mind](#) - Mind offer many helpful services including helplines, drop-in centres, counselling, befriending, advocacy, employment and training schemes. They provide information and advice on a wide range of issues relating to mental health.

Websites that offer further information



[Rethink](#) - Rethink Mental Illness provides expert, accredited advice and information to everyone affected by mental health problems. They offer practical help on issues such as the Mental Health Act, community care, welfare benefits, debt, criminal justice and carer's rights. They also offer general help on living with mental illness, medication, care and treatment.

[NHS Choices Moodzone](#) - Whatever you need to know about boosting your mood, coping with stress, anxiety or depression or simply improving your overall emotional wellbeing, the NHS Choices Moodzone is here to help. It offers practical, useful information, interactive tools and videos to support you on your way to feeling better.

[No Panic](#) - No Panic helps people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders. They specialise in self-help through recovery groups and one to one mentoring over the telephone.