



Healthy Heads Team Newsletter

Who Are We?

Healthy Heads are a Mental Health Support Team based in schools across Sunderland.

We offer early intervention to help children, young people and their families who have mild to moderate mental health difficulties.

UPDATES

We are delighted to share that our most recent group of trainees have now completed their training.

They have worked incredibly hard over the past year with the help of their supervisors, developing the skills and knowledge needed to support the children, young people and families in our schools.

We are very proud of their achievements and excited to see them continue their journey with us.



The new school term is here, and with it can bring fresh opportunities as well as challenges. Returning to school can feel exciting, but it can also feel a bit overwhelming at times. Remember, The Healthy Heads team are always on hand to help you with your well-being and support you to feel your best!



DATES FOR YOUR DIARY

October: ADHD awareness month

10th October: World Mental Health Day

November: Men's Mental Health Awareness Month

17th -21st November: Anti Bullying Week



JOIN US IN WEARING YELLOW
#HELLOYELLOW

YOUNGMINDS

This year, the young minds charity are encouraging everyone to wear yellow on the 10th of October to raise awareness and show young people they're not alone with their mental health.

the healthy heads team will be joining the #helloyellow campaign and we hope you can too!

This year's theme set by the World Federation for Mental Health is *access to services - mental health in catastrophes and emergencies*.

The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.





We have had a wonderful summer out and about in the community delivering drop-in sessions, parent information sessions and direct work with the children and young people who have accessed our service.

Service Feedback



Scan the QR code to complete our service feedback questionnaire

Any worries or concerns I had were listened to and various different solutions were offered. The service has immensely helped myself and my child. The strategies given have helped not only my child but also myself with some difficulties that I was personally experiencing. It is also comforting to know that if I have any other issues or if anything arises in the future I am able to contact the service. The staff were a great help and I am so grateful for their support

I have learnt many ways to overcome my problem
Helped me feel a bit better.

You are angels. Really easy to talk to. You've put all my worries and fears at ease. Really clear explanations and the response and liaison from L seeing her one day to you ringing me the next day, its been really fast.

They listened to my problems as the sessions went on my school life and friendships got better.

Everyone has been very helpful and accommodating.
Appointments were worked around my schedule. A very good service.

Feeling comfortable and not judged.

What was good is the amount of help i received and they listened to me.

helped me learn helpful strategies for when I'm feeling angry

It was all done so amazingly fast.

Was listened to and helped a lot. Felt that things I was saying was actually being listened to.





As the seasons change, and we move through Autumn towards Winter; the nights get darker, colder and longer you may notice a change in your mental health. There is some science behind feeling tired or general gloom. When it is dark, our bodies produce more melatonin, a hormone that induces feelings of tiredness. Additionally, less sunlight reduces our bodies production of vitamin D, which is essential for boosting energy levels.

Using the 5 ways to wellbeing can help you to manage the transition to autumn



Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

- Arrange a movie night
- Organise a book club and discuss a new book each month.
- Start a weekly video call with friends & family to catch up.
- Join a club that interests you.



Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs

- Try mindful colouring or drawing.
- Listen to the sounds, like rain or wind.
- Keep a diary of your thoughts and feelings.
- 5,4,3,2,1 technique



Research has found a link between doing good things and an increase in wellbeing.

- Bake treats and share them with neighbours or friends.
- Volunteer at a food bank.
- Write positive reviews for local businesses.
- Donate books or toys to charity



Learning new things is a good way to meet new people and boost our self confidence.

- Learn a new language using apps or online resources.
- Take up a new hobby like reading, painting, or cooking.
- Watch documentaries on various topics.
- Learn to play a musical instrument.



We know that there's a link between staying active and positive mental health and wellbeing.

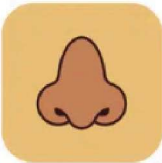
- Set up a home workout routine with online videos.
- Dance in your room to your favourite music.
- If you can, wrap up warm and go for a walk



Can you think of any other ideas?
Try some of the activities below

AUTUMN mindfulness

Use your senses and write down all the things you can see, smell, hear, touch and taste in Autumn!



Things I can see in Autumn:

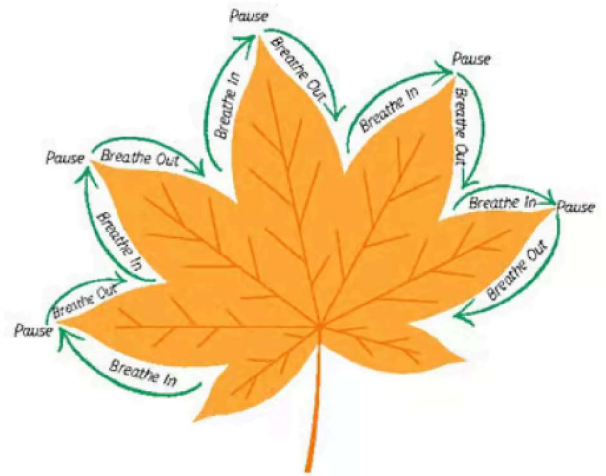
Things I can smell in Autumn:

Things I can hear in Autumn:

Things I can touch and feel in Autumn:

Things I like to eat in Autumn:

Autumn Leaf Breathing



Hot Chocolate Breathing

Imagine you have a mug of hot chocolate in front of you.

Breathe in slowly and deeply to smell it through your nose.

Gently and slowly blow out through your mouth to cool the hot chocolate down..





Further Support



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

Making Sport Fun for Everyone

Website: www.foundationoflight.co.uk
Twitter: www.twitter.com/SAFCFoL
Facebook: www.facebook.com/SAFCFoL



www.adhdfoundation.org.uk

LGBT+ NORTH EAST

Sunderland and South Tyneside

For young people aged 11 - 25 years

- One to one support
- Peer group support
- Family support
- Outings and activities

f LGBT North East
LGBT+ North East
waythroughlgbt_
01325 731160
lgbt@waythrough.org.uk

IMPROVING YOUNG PEOPLE'S MENTAL HEALTH THROUGH SPORT AND EXERCISE

Who are US Active?

US Active is a North East based charity which helps young people aged 12 to 25, with mental health difficulties get involved in exercise and sport to improve their quality of life.

More about US Active

Visit our website www.usactive.org.uk for more details about us, our and activities, and how you could get involved.

Follow US: [usactivecharity](https://www.facebook.com/usactivecharity) @usactive7865 us-active

Contact US via our website, or by emailing US at info@usactive.org.uk

To refer a young person for support go to: www.usactive.org.uk/initial-referral-form

Teen Sleep Hub

BETTER SLEEP... BETTER BRAINS!

POWERED BY the sleep charity

TEENSLEEPHUB.ORG.UK

The one stop shop for all you need to know about sleep.

If you are looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you will find it all here.

10YEARS + kooth

Free, safe and anonymous mental health support whenever you need it.

- Chat with our team of friendly practitioners
- Helpful articles
- Self-help tools and activities
- Support from the Kooth community

FAMILY HUB



THE 5 HUBS ARE:
COALFIELDS
RAINBOW
BUNNYHILL
THORNEY CLOSE
WINNIBELL

FOR MORE INFORMATION GO TO:

www.togetherforchildren.org.uk/startforlifemybestlife.org.uk

Visit our... new website

NHS Sunderland Mental Health Support Service



www.stsftmentalhealth.nhs.uk

Visit kooth.com to find out more

