



Mental Health Newsletter Spring 2025

Date	Weekly Information on the Newsletter
10/1/25	<div data-bbox="384 427 778 819"></div> <p data-bbox="810 387 1380 622">Hertfordshire's Children and Young People's Mental Health Services (CYPMHS) system wants to understand what parents and carers need when they are faced with supporting their child or young person's poor emotional wellbeing.</p> <p data-bbox="810 656 1380 958">It can be difficult to understand why they might be experiencing low moods, anxiety or self-harming behaviours, how to cope as a family, or knowing the strategies that could help at home. In preparation for commissioning a new service, we want to make sure parents and carers feel supported, have professionals and peers to speak to and share experiences with, all while knowing they are far from alone.</p> <p data-bbox="699 992 1061 1025"><u>Complete the survey here</u></p> <p data-bbox="501 1059 1256 1093">The survey will be open until Sunday 26 January 2025</p>
17/1/25	<div data-bbox="408 1122 671 1420"></div> <p data-bbox="371 1391 1385 1888">Anxiety is one of the most common Mental Health concerns, with many parents and even some children reporting high levels of anxiety. Unfortunately anxiety can cause us to avoid situations or circumstances that make us feel anxious, including coming to school or completing some subjects or homework we find hard. In the long run, avoiding situations that make us feel anxious is unhelpful as we learn that these feelings are scary and we cannot cope with them. In the link below, Dr Anna Colton suggests ways that we can tackle anxious thoughts and stop them becoming a bigger problem in our lives.</p> <p data-bbox="371 1951 1121 1989"><u>https://www.bbc.co.uk/bitesize/articles/z6wr3j6</u></p>

24/1/25



What is Stress?

Stress is how your body reacts when you feel worried, scared, or like there's too much going on. It happens when something feels tough or overwhelming. A little stress can sometimes help you focus, but too much stress for a long time can be bad for your health.

Signs Someone Might Be Feeling Stressed:

- Feeling grumpy, angry, or frustrated
- Feeling nervous or like things are just too much
- Not enjoying things you usually love
- Overthinking or having too many thoughts
- Heart beating fast
- Getting stomach aches or headaches

What Can You Do if You or a Friend Feels Stressed?

- Be kind to yourself and take breaks
- Set small goals you can achieve
- Talk to someone you trust
- Get moving—being active
- Make time to relax and have fun

<https://www.childrenssociety.org.uk/information/young-people/well-being/resources/stress>

31/1/25

Low Mood

What is Low Mood?

Everyone feels down sometimes, but low mood can affect people in different ways. For some, it might feel like sadness, anger or a sense of loss that makes daily life harder.



Signs You or Someone You Know Might Be Feeling Low:

- Feeling sad, down or like you want to cry often
- Feeling tired or grumpy, even after a good night's sleep
- Feeling hopeless or empty
- Feeling worried or anxious
- Having low self-esteem or confidence
- Not wanting to do things you usually enjoy

What Can You Do if You or Someone You Know is Feeling Low?

- Talk to an adult you trust
- Try to get enough sleep
- Do things that usually make you happy
- Get moving—being active can lift your mood
- Take time for self-care
- Reach out to professionals for help (like your GP, The Sandbox, JustTalk, or withYOUth)

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-depressed-signs/>

7/2/25

This week it has been Children's Mental health week and we have been focusing on **gratitude**.

Gratitude involves showing appreciation for the things in life that are meaningful or valuable to you. Taking a moment to notice and acknowledge the things you're grateful for each day can brighten your outlook, boost your mood and help you feel more positive in the face of challenges.

While it's easy to feel a rush of joy after winning the lottery or receiving a big promotion at work, gratitude extends to the smaller blessings in life that are often overlooked or taken for granted. Even the smallest moments, such as a brief chat with a friend, a kind gesture from a stranger, a cool breeze on a hot day or a peaceful stroll in nature, are things that we can be thankful for. However, many of us get caught up in a negativity bias, where we linger on bad news and unpleasant experiences, but don't allow such focus on positive events. Gratitude is like a muscle that you can build. With the right exercises and practice, you can find at least something small to appreciate on even the bleakest winter day. Research has shown that gratitude can have very real benefits for our wellbeing, so look for the positives everyday.

https://www.childrensmentalhealthweek.org.uk/families/?utm_source=Children%27s+Mental+Health+Week+subscribers&utm_campaign=1b0381647d-CMHW_SUBS_WEEKISHERE_2025_03_02&utm_medium=email&utm_term=0_-c546d8db73-221544768



14/2/25

It has been **online safety week** and we have been teaching all the children, age appropriate, ways to keep safe online. However, it's really important for parents to make sure their children are safe when they use the internet outside of school. Here's why:

Protection from inappropriate content

The internet has good and bad things. Children might see things that aren't suitable for them, get bullied online, or even meet people who want to do harm. Making sure they stay safe online helps protect them from these dangers.

Growing Up Healthy

Spending too much time on the internet without supervision can affect how children grow up emotionally and socially. Making sure they have a safe online experience helps them grow up in a healthy way.

Privacy and Safety

We need to teach children about keeping things private online and using strong passwords. This way, they develop good habits to stay safe on the internet.

Knowing How to Use the Internet

By keeping an eye on what children do online, parents help them learn how to use the Internet wisely. This means understanding what's true or false online, being responsible in digital spaces, and recognising online dangers.

Stopping Cyberbullying

Cyberbullying is a big problem, and parents can help prevent it. Watching how children interact online helps parents spot signs of bullying and step in when needed.

Balancing Screen Time

Too much time in front of screens can be bad for a child's health. Parents can help by making sure children have a good balance between online activities and other experiences.

Building Trust and Talking

Talking openly about online safety helps build trust between parents and children. When children feel safe talking about their online experiences, parents can guide and support them better.

Being Legal and Ethical

Parents have a job to make sure their children know the rules and act responsibly online. This means respecting others' privacy, not copying things from the internet without permission, and understanding that there are consequences for bad online behaviour.

Avoiding Too Much Internet

Using the Internet too much, especially social media and online games, can become a problem. Parents can help by keeping an eye on screen time and encouraging a healthy balance.

Getting Ready for the Future

Since technology is a big part of our lives, teaching children how to be responsible online is preparing them for the future.

In the end, keeping children safe online is about watching over them, teaching them, and talking with them. It's a big part of being a good parent in the age of the Internet. For young children and those with additional needs, like SEND, this can be even more important as they will struggle to identify potential risks and so are more likely to experience harm. Here are a few websites with further advice about how to keep your children safe online.

NSPCC - General online safety advice for all parents

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Online gaming safety for SEND children including those with Autism or ADHD - <https://techsafe.org.uk/gaming/>

Online safety support for vulnerable children -

<https://www.internetmatters.org/inclusive-digital-safety/advice-for-parents-and-carers/>

28/2/25	<p>Eating Disorder Awareness Week - You probably know someone living with an eating disorder - but you may not realise it. Right now, at least 1.25 million people in the UK are living with an eating disorder. That's more than 1 in 50 people - but the real number could be even higher. Eating disorders like ARFID, anorexia, bulimia, binge eating disorder and OSFED are complex mental health conditions which are often misunderstood, mislabelled or undiagnosed which can prevent people from reaching out for help. Eating disorders don't just affect the person with the condition, friends and family often become carers - feeling helpless and heartbroken, as they watch their loved one struggle. If you want to know more;</p> <p>📺 Eating disorders can affect anyone</p> <p>https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/ https://edaw.beateatingdisorders.org.uk/</p>
7/3/25	<p>Last week, staff completed bereavement training with a local charity, Stand By Me. They learnt about some different bereavement models, how children of different ages understand death and how to support children who have experienced a significant bereavement. We also learnt about Contact Me, a part of their programme that allows school to refer a family struggling with a bereavement for support. If you would like to know more about how to support your child through a bereavement please check out the website below or speak to the mental health leads, Mrs Clibbon or Mrs Barr.</p> <p>https://stand-by-me.org.uk/</p>



14/3/25	<p>As our year 6 children found out about their secondary school placements last week and started to think about moving on. There are many online resources to help them make this transition and help them with their inevitable worries about making this big move.</p> <p> Find Your Feet Schools Resource Moving Up! The transition to secondary school (SUBTITLED) https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/ https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/ https://www.gcsepod.com/mentalhealth-videos/ </p>
21/3/25	<div data-bbox="376 779 786 994" data-label="Image"> </div> <p>International day of Happiness</p> <p>This week children have been learning about how, on March 20th every year, the world comes together to commemorate the United Nations Day of Happiness. This is a global movement towards a happier, more inclusive, and resilient world. We have reflected on what makes us happy, that we cannot be happy all the time and how we can help each other to be happier. The Action for Happiness website has further advice and support to help us all make our lives a little happier. https://www.dayofhappiness.net/</p>
28/3/25	<p>If you are concerned about your child's mental health there is lots of support but it can be confusing and difficult to know where to start. In Hertfordshire there is SPA (Single Point Access) which is a 24/7 helpline on 0800 6444 101. You can find out more about this service at https://www.hpftcamhs.nhs.uk/</p>

4/4/25

This week in school we have been celebrating **World Autism Day**. Autism isn't a mental health problem, but if you're autistic you may be more likely to experience a mental health problem. Data suggests that a quarter of the general population have problems with their mental health at some point in their life. In autistic people, this number is much higher with almost 80% of autistic adults experiencing mental health issues during their lives. For many people with autism, mental illness can be more difficult to recognise and treat effectively. It's widely recognised that much more needs to be done to support autistic people with their mental health but getting the basics right (exercise, diet and sleep) is an important start. Here is some further advice from Mind.



<https://www.mind.org.uk/information-support/tips-for-everyday-living/autism-and-mental-health/>