

MENTAL HEALTH SUPPORT TEAMS

Service delivered in partnership with Hampshire and Isle of Wight Integrated Care System.



hampshirecamhs.nhs.uk

MHST Round up - May / June 2022

Contact us: SPNT.MHST.earlyhelpse@nhs.net

Hello, hola, hallo, bonjour, привіт, witam, ciao, سلام, merhaba, হ্যালো from your Mental Health Support Team (MHST)

In the MHST, we have been enjoying the better weather recently. Sometimes warmth and sunshine can really improve our mood and motivation levels. It is still important to keep in check with ourselves and others around us though, mental health can be changeable, just like the weather - do you know the signs to spot when you are feeling better or worse within yourself?

Remember to speak to an adult in your school if you feel some extra support from the Mental Health Support Team would be helpful for you.

Celebrating our differences

This month, we are celebrating those of us who use English as a second language. This means that some of us learnt another language before we learnt English. This can make school and life in the community quite difficult, and so it is important to be aware of the difficulties that may be experienced, and the support that is available.

This month's Mental Health Hero - Jake Daniels

Jake Daniels is a 17-year-old Blackpool forward who recently came out as the only openly gay male professional footballer in Britain. Liz Ward, the director of programmes at LGBTQ+ rights charity Stonewall, said of Daniels's announcement: "Football is ready for this moment, and we believe it has been for some time. Former Aston Villa midfielder Thomas Hitzlsperger, who came out as gay shortly after his retirement, wished Daniels a wonderful career and said he was glad to see he had the support of his club and Stonewall to make the announcement possible.

Prime Minister Boris Johnson tweeted: "Thank you for your bravery Jake, it Would have taken huge courage to come out and you will be an inspiration to many both on and off the pitch."

<https://news.sky.com/story/jake-daniels-footballer-praised-for-bravery-and-courage-after-coming-out-as-gay-12614897>



A reminder of what the MHST can support you with:

Sleep difficulties

Anxiety

Worry

Phobias

Panic

Low Mood

OCD

Single Event Trauma

Activities



Why not have a game of Kindness Bingo and see how many acts of kindness you can tick off during the week? You could even create your own kindness cards or bingo game! You can also have a go at the word search below, and see if you can say hello to people this week using a different language - how many do you think you can say?

KINDNESS BINGO



Invite someone new to play with you 	Let someone go in front of you in line 	Say something kind to a class mate 	Thank a grown up for helping you 
Write a kind note for someone in your family 	Tidy up without being asked 	Say hello to someone new 	Hold a door open for someone 
Smile at someone 	Pick up some litter in the playground 	Push a friend's chair in for them 	Sharpen someone's pencil 
Write down 3 things you love about yourself 	Tell a friend a funny joke 	Ask someone if they need help 	Say sorry if you've done something wrong 



Say Hello Around the World

O	D	I	A	D	U	I	T	Z	V	P	J	U	J	O
N	H	S	N	O	N	R	O	I	G	N	O	B	E	A
A	Y	X	Z	R	U	O	J	N	O	B	O	T	I	C
R	O	A	H	I	N	J	Y	G	G	E	I	G	G	K
Y	S	P	W	O	A	I	O	A	A	U	F	H	O	M
R	H	X	I	F	A	E	T	Z	V	T	A	N	B	A
B	A	Z	F	S	D	N	J	T	Z	B	N	I	B	L
O	L	X	O	E	E	A	S	Y	A	I	X	K	Q	A
D	O	U	N	T	M	V	A	H	C	I	P	R	E	S
O	M	D	U	B	A	L	R	H	P	T	D	T	I	O
E	A	G	O	R	O	A	I	A	L	K	S	M	H	H
G	T	L	D	H	M	W	T	S	W	A	K	A	O	H
Q	C	Z	A	O	A	H	C	S	M	K	L	T	E	B
P	E	A	W	X	A	V	T	A	C	O	G	J	H	D
A	H	N	N	Y	E	O	N	G	H	A	S	E	Y	O

<https://images.app.goo.gl/KdRy7uGNuCh3d3Ra>

<https://images.app.goo.gl/znsaax6W9H-e4N46>

AHN NYEONG HA SE YO (Korean)
ALOHA (Hawaiian)
BOM DIA (Portuguese)
BON GIORNO (Italian)
BONJOUR (French)
CHAO (Vietnamese)
DIA DUIT (Irish)

DOBRY RANO (Czech)
GOEDENDAG (Dutch)
GUTEN TAG (German)
HEJ (Swedish)
HOLA (Spanish)
KONNICHIWA (Japanese)
JAMBO (Swahili)
MARHABAH (Arabic)

NAMASTE (Hindi)
NI HAO (Chinese)
SALAM (Arabic)
SHALOM (Hebrew)
SZIA (Hungarian)
YIA SOU (Greek)
ZDRAVSTVUIE (Russian)



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.

Dates to remember

MAY

7-13th Deaf Awareness Week
14th World Fair Trade Day
15-21st Christian Aid Week
16-29th Foster Care Fortnight
16-20 Walk to School Week

JUNE

1-7th Volunteer Week
12-18th Diabetes Week
13-17th National School Grounds Week
18-24th Recycle Awareness

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